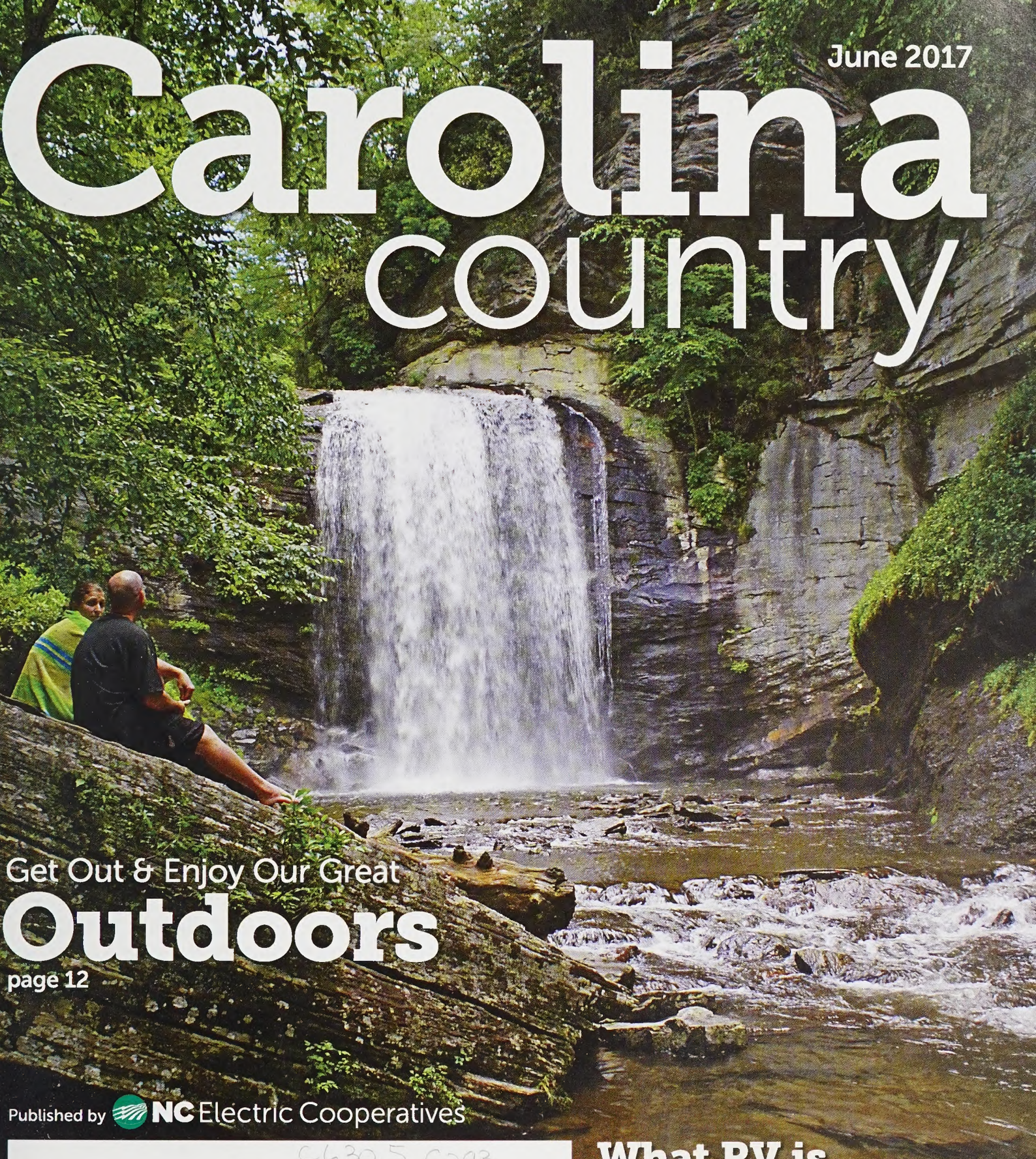

June 2017

Carolina country

Get Out & Enjoy Our Great

Outdoors

page 12

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page 16

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Young & old alike will enjoy our new Tar Heel Tidbits section—page 26

What our clients are saying about Stauer Helenite jewelry:

"My wife received more compliments on this stone on the first day she wore it than any other piece of jewelry I've ever given her."

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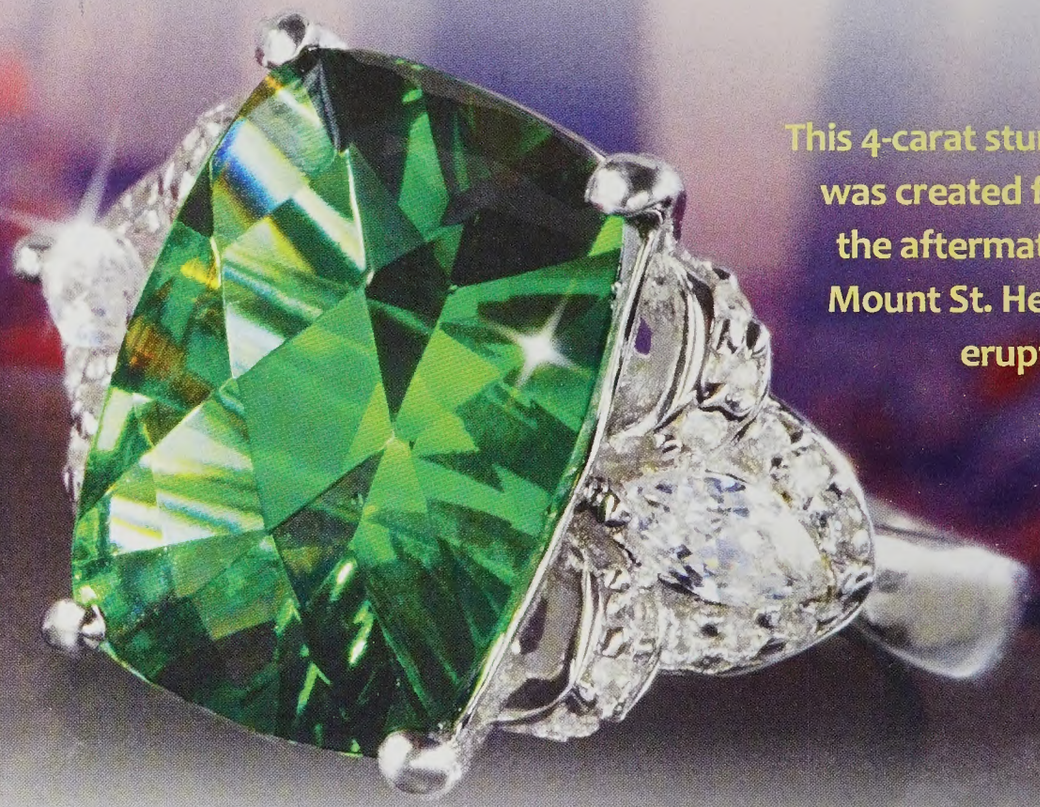
Stauer Client



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SWEEPSTAKES

Cast Iron Cookware

We've partnered with Lodge Manufacturing Co. on a drawing for a cookware package. See page 20 for details.

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Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than $5 per year.

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The Leaders of Our Future

By Safaniya Stevenson

The month of June is perfect for vacations and festive family barbeques. But did you know June is also the month in which North Carolina's future leaders start to take shape? As many high schoolers map out their summer plans while sitting by the pool, a select group of students are planning how to make their community and our world a better place in Washington, D.C.

Every year on the North Carolina Youth Tour, we take more than 35 students on the summer trip of a lifetime. These students are hand-selected by their electric co-ops to represent their families, their communities, and our state. With each new group of Youth Tourists, we are reminded of the great leadership qualities high school students possess. Driven. Passionate. Creative. Innovative. Those are just a few words that come to mind when asked to describe the students we meet each year. It takes a lot of courage and dedication to give up a week of your last summer as a high school student to go to an unfamiliar place with a bus full of strangers.

The caliber of students selected to take the weeklong tour of D.C. never ceases to amaze us. During this 50-year tradition, we've seen students blossom into active and engaged community members and leaders. Take Jacob Brooks, sponsored by Blue Ridge Energy in 2009 (who many of you know from "Jacob's Log" in this publication), who now teaches STEM to at-risk students in Nashville. Some come back to the co-op world as adults and find careers like Julia Allsbrook, a 1998 Youth Tourist who currently works as communication specialist with Halifax Electric Membership Cooperative. And others are inspired to find careers in public service, like Ray Starling, sponsored by South River EMC in 1995, who was recently appointed special assistant to the president for Agriculture, Trade and Food Assistance. Whether students participate on the Youth Tour in 1967 or in 2017, each who participates has so much potential to go on to do whatever they set their mind to.

For the students, this trip is more than a visit to the Capitol Building. It's more than a week away from mom and dad. This trip is a chance for our young adults to explore what kind of students they want to be and what kind of leaders they want to be. Youth Tour provides an opportunity to network with students from across the country. They build connections with other young leaders who want to grow and make an impact, whether that impact be small or large.

After spending a week with these students, I regain my sense of hope in what the future holds. These students explore D.C. with such wonder. They ask hard questions and are receptive of hard answers. They give to the needy. They document, they learn. You can see the wheels turning in their heads about what they can do to improve not only their situations but the situations of others. But these students, with their newly found sense of leadership, typically don't head to D.C. to start careers. They come right back home to North Carolina.

As a co-op member, you don't have to look to D.C. to find your next leaders. Just take a look in your own community.

Safaniya Stevenson, community relations specialist for North Carolina's Electric Cooperatives, manages the North Carolina Youth Tour program.

I grew up in Alabama, and I spent a good deal of time in the woods down there. It has its share of pleasant hikes and a few good overlooks, but when my family wanted to go camping and do it *right*, we headed to North Carolina. By the grace of God, North Carolina's boundaries were drawn to include some of the most awe-inspiring scenery the country has to offer. In this issue, we're giving you a few options on how to get out and enjoy it all. So before it gets too hot, grab a daypack, a paddle, or hook up the RV and enjoy our great outdoors.

—Scott Gates, editor

Strawberry Salsa Conundrum

I love the magazine you put out. My husband and I had the April issue at the grocery store picking up ingredients for the Strawberry Salsa and Orzo chicken. We left the magazine in the grocery store. :(

We looked up the Chicken Orzo online and made it (IT WAS SO GOOD), but we cannot find the Strawberry salsa recipe online. I called my neighbors and they don't have the issue anymore. I keep my magazines (great info and the best recipes).

Do you have another copy of the April issue? If not can you send me the recipe for the strawberry salsa? Hope you can help. Again... awesome magazine.

Deborah Swann Horton, submitted on carolinacountry.com

Editor's Note: We're glad to hear you enjoy the magazine, Deborah! We dropped an extra copy in the mail, and made the Fresh Strawberry Salsa recipe available online at carolinacountry.com/carolina-kitchen.

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A Setback for the McCallums

I am writing concerning the article titled "Building Outside-the-Box" (May 2017, page 20). I have an update I would like to share with you. I am not a member of David and Michelle McCallum's church and do not live in Robeson County, but I have two daughters and 12 grandchildren who live nearby and do attend the church. The church family is just that — a family. David and Michelle live nearby, where their new home is being constructed.

On April 21, there was a fire in their storage building behind their present home. Their home was spared with some damage to the back siding, which was melted. More importantly, four inches away were children sleeping. Because of the sound from an exploding can, David was awoken and quickly evacuated his children and wife. When the firetrucks arrived, he was on top of the home with the water hose spraying the back of his home, which did save it.

Sadly, David and Michelle lost their secondhand kitchen, which included cabinets and granite countertops, along with clothes and many other items. The children are very upset over the fact they lost their bicycles.

But I do believe from these ashes will spring blessings for the McCallums!

Patricia Reich, a member of Carteret-Craven Electric Cooperative

Tiny House Issues

It was irresponsible for NC Electric Cooperatives to publish "Tiny House Living" in its monthly membership magazine Carolina Country (May 2017, page 12). ... There are many uncomfortable truths this article did not address in its biased and cutesy approach about a feel-good movement that is actually mired in controversy. Many of these issues involve utilities that include NC Electric Cooperatives' core business: usage of the electric grid. ...

As a member of Brunswick Electric Membership Corporation, I depend on my electric supplier to give me sage advice about energy production, supply and usage. ... The membership publication normally does this job with aplomb.

However, by publishing the grossly misleading "Tiny House Living," NC Electric Cooperatives heartily endorsed a questionable lifestyle movement while diluting the credibility of everything else in the magazine. As printed, this slanted article only legitimizes the commercial aims of at least one builder trying to promote tiny houses in my town of Oak Island despite all sorts of constraints that make it (probably) untenable. A resultant zoning board fight over the matter would be prohibitively costly and would impact all residents negatively.

B. Elizabeth Mina, Oak Island, a member of Brunswick Electric

Editor's Note: Thank you for the feedback, Ms. Mina, and for pointing out the zoning troubles that can come with any housing structure if not properly planned for and permitted. Some tiny house communities, like the Village of Wildflowers, are connected to the electric grid, with city water and sewage. Others can be remote and "off the grid," relying on distributed generation for power. As mentioned in the article, check with zoning ordinances in your area before beginning any tiny house project.

U.S. Rep. David Price (D-4) met with leaders from Piedmont Electric and Wake Electric at the legislative conference.

NC Co-ops Carry Local Priorities to Capitol Hill

More than 100 leaders representing North Carolina's electric cooperatives traveled to Washington, D.C., in April for the 2017 Legislative Conference, put on by the National Rural Electric Cooperative Association (NRECA). The NC group joined 2,000 others from electric co-ops across the country to meet with members of Congress and their staffs and advance key co-op issues.

North Carolina co-op leaders sat down with Senators Richard Burr and Thom Tillis, as well as each representative from the state's 13 congressional districts, to discuss issues important to their members.

"The North Carolina co-op delegation used the opportunity to educate members of Congress on issues facing electric cooperative members, as well as the importance of key programs that allow us to provide safe, affordable and reliable power to the communities we serve," said Jay Rouse, Director of Government Affairs for North Carolina's Electric Cooperatives. "Visiting elected officials and sharing local cooperative experiences makes a big impact when it comes time for them to make decisions affecting the cooperative way of life."

U.S. Rep. Richard Hudson (R-8) met with leaders from Central Electric, Lumbee River EMC, Pee Dee Electric, Randolph EMC and Union Power Cooperative.

Energy Secretary Rick Perry was among those who addressed the group, and he hailed America's electric cooperatives for delivering affordable, reliable electricity across the country and encouraged them to advocate on their challenges, especially grid security.

"You are a unique group of people," Perry said in his address. "You need to be part of this conversation."

Perry recalled the electrification of his home as a child in rural Texas and underscored the importance of using all domestic energy resources available to power America and ensure grid reliability.

"We want energy that is made in America, that is good for America and good for American jobs," Perry said.

A Seat at the Table

With every presidential inauguration comes a period of learning. Nearly six months into President Donald Trump's first term, Washington is still adjusting.

America's electric cooperatives engaged early on to make sure the new administration recognizes the importance of affordable, reliable electricity to local economies.

Within three months of Trump taking office, NRECA CEO Jim Matheson had already met with the new Secretary of Energy and the head of the Environmental Protection Agency, as well as presidential advisors on rural, infrastructure and agriculture issues.

"In a time of uncertainty, it's all the more important for us to remain at the table, be active participants in the policy environment and assert ourselves as the voice of American consumers," said NRECA CEO Jim Matheson.

As part of the effort to keep electric co-ops central to national issues, Matheson was recently appointed to a new Broadband Deployment Advisory Committee formed by the Federal Communications Commission. The committee will make recommendations to accelerate the deployment of broadband by reducing and removing regulatory barriers to infrastructure investment.

Co-ops evaluate the actions of any new administration according to one simple principle: How will these actions affect the 42 million electric cooperative members? We're still in the early days of the new administration, and we are encouraged by the willingness of cabinet members and key staff to listen to what co-ops have to say.

—Tracy Warren, NRECA

Julie McLeod

Students participate in a classroom auction.

BRIGHT IDEAS SPOTLIGHT

Classroom Economy

The Bright Ideas grant program, administered by North Carolina's electric cooperatives, has awarded $10.9 million in support of innovative, classroom-based projects since 1994. Each year, close to 600 grants are funded across the state. Here is one example from the 2016–2017 round of funding:

School: South Harnett Elementary School

Project name: "Classroom Economy"

Sponsoring co-op: South River EMC

Participating students: 26

Teacher: Melissa Nies

Project in a nutshell: Students use online resources, including mykidsbank.org, to create and maintain a "classroom economy." Students select jobs, perform tasks and then receive payment. They pay rent for their desks, fines if they fail to follow rules or complete certain tasks, and any additional money is used at auctions for school supplies and other small items. The program spans the class day (and isn't something students can ignore), and it goes hand-in-hand with the school behavior plan.

From the teacher: "It gives students a natural consequence for not following directions or not being responsible. It also helps me reinforce to students that when they have a fine, it is based on behavior, not the students.

"I personally was struggling to stay afloat after Hurricane Matthew. So I worked with students a little differently than originally planned, for example, charging a discounted amount for their desk rent for a few months—there was no way I was going to take their desks from them. We called it flood relief."

Meet Putter

Erin Binkley

Putter the Squirrel visits the crowds at Fantasy Isle Ice Cream and Mini Golf twice a day.

If you haven't yet heard of Putter the Squirrel, you're welcome—now you can count yourself among the lucky. Fantasy Isle Ice Cream and Mini Golf in Holden Beach, a member of Brunswick Electric, has been frequented by the same ice cream-loving squirrel for the past year, and the tiny patron has recently received international attention.

WWAY out of Wilmington first broke news of the squirrel in April, and the story has since swept news cycles worldwide, being featured by the likes of USA Today, The Toronto Sun, the Daily Mail (United Kingdom), the New Zealand Herald, and (somehow) ESPN, among others.

It seems people can't get enough of watching a squirrel eat tiny ice cream cones.

"I think people just wanted a happy story," said Pam Martin, who owns Fantasy Isle with her husband, Scott. "Putter just happened to be in the right place at the right time to put a smile on people's faces." She added that the couple is glad Putter has brought their coastal community international attention.

The North Carolina Wildlife Resources Commission pointed out the risks of feeding wildlife in a Raleigh News & Observer article. But Putter is a happy participant at the mini golf course, interacting with fellow patrons and choosing to settle in: The Martins recently discovered that Putter is a mother, with two babies (no doubt future ice cream lovers) in a nearby tree.

carolinacountry.com/extras

You can't miss this: We have video of Putter in her natural environment (eating ice cream).

Butterfly Pit Stop

Flowers are blooming on a seeded acre underneath transmission lines near North Carolina Electric Membership Corporation's (NCEMC) Hamlet power plant. The site is officially a part of the Butterfly Highway initiative of the NC Wildlife Federation (see "Butterfly Highway Takes Root at Power Plant," Jan. 2017, page 7).

Tara Verna

Angel Hjarding, NC Wildlife Federation director of pollinator and wildlife habitat programs (left), with NCEMC's Richard McCall.

Frozen coils inside Ice Energy's Ice Bear

A 'Cool' Thermal Storage Technology

By Thomas Kirk

On a hot summer day, the best way to cool down your sweet tea is to add a few pieces of ice. Soon, an even bigger chunk of ice could be responsible for cooling down your home. Sound odd? Well, many commercial buildings are already using ice-based technology to do just that.

Ice-chilling your building, properly known as cool thermal storage (CTS), operates under a fairly simple principle: Make a lot of ice overnight, then use that ice during the day to keep the building cool and lessen the load on a traditional HVAC system.

This method for air conditioning can shift 95 percent of the energy air conditioning uses from the daytime to nighttime, when the ice is made. This is a big benefit to electric utilities, because electricity is almost always in more demand during the day than at night. They pass this demand down to their commercial customers by making them pay more for using a lot of electricity at once. By moving electricity use from daytime to nighttime, both the utility and commercial customers are able to save money.

Can homeowners benefit from this technology? At least one CTS company, Ice Energy, developed a residential version of its commercial technology that is already being deployed in California (with plans to expand nationwide later this year). When dispatched to provide cooling, its "Ice Bear" unit turns its compressor off and uses the stored ice to cool a home for up to 4 hours—consuming an estimated 5 percent of the electricity usually required.

It does take electricity to make that ice, so only consumers with a time-of-use rate or a demand charge will have an economic incentive to install a CTS system on their home. For everyone else, there are two more benefits. First, it can help lessen the strain on the grid during hot summer days, which helps electric cooperatives and other electric utilities manage resources, thus supporting system reliability. Second, thermal storage technologies like this can pair well with onsite renewable generation, like solar panels, similar to how a battery can store unused power for later use.

CTS technology can be added to existing buildings or built in from the get-go, but there are important considerations for this technology, predominantly around climate and structural integrity. CTS products work best in areas with a high air conditioning load and often need to be installed on top of the building they'll serve. This means the building's roof needs to be able to handle several thousand additional pounds; it takes a lot of ice to keep a building cool!

Ice-chilling your building operates under a fairly simple principle: Make a lot of ice overnight, then use that ice during the day to keep the building cool.

Other thermal storage technologies exist as well. Some electric cooperatives offer water heater control programs that function similarly to ice-cooling technologies, and smart thermostats are now routinely set to pre-cool or pre-warm homes. So the next time you're waiting for your drink to cool down, check out what programs your electric cooperative has to offer.

Thomas Kirk is an associate analyst of distributed energy resources for the Arlington, Va.-based National Rural Electric Cooperative Association's Business & Technology Strategies (BTS) division.

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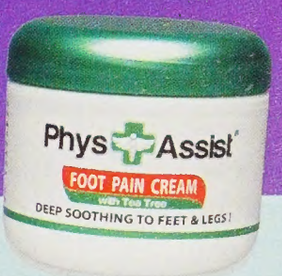

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HUNT GIVES BACK TO U.S. VETERANS

Eastern NC co-ops support the Wounded Warrior Turkey Hunt

Story and photos by Renee C. Gannon

For three days, 17 of our nation's veterans–all Purple Heart recipients–prowled the woods of Gates County hoping to bag the elusive wild turkey.

The Gates County Wounded Warriors Turkey Hunt partners each veteran with a volunteer guide and caller, forming a team for hunting as well as friendship. This was the sixth year for the event, held April 20–22 in Gatesville.

Several eastern North Carolina electric cooperatives came together to donate $1,000 to the event for a third year. The co-ops included Albemarle EMC (Hertford), Cape Hatteras EC (Buxton), Carteret-Craven EC (Newport), Edgecombe-Martin County EMC (Tarboro) and Roanoke Electric (Aulander). Roanoke Electric serves Gates County.

Albemarle EMC's Engineering Technician III Travis Riddick and Lineman Kevin Bailey served as a guide and caller, respectively, for Wounded Warrior Sergeant Jeff Davis of the United States Marine Corps. The trio bagged a 32-pound turkey, one of just seven caught during the event.

"I've been volunteering for five years at the hunt. It's my way to give back to those who have sacrificed so much for us and our country," Riddick said. "We had a great time with Jeff, and a highlight for me was just getting to know him over those few days. Very glad Jeff was able to get a turkey!"

Giving back

The event builds lifelong relationships for the warriors and volunteers, explained Ray Freeman, who along with Ray Campbell and the late Andy Eure began the Gates County hunt after a similar event in Virginia shut down. Freeman and Campbell both work for the Gates County Sheriff's Department.

The event provides a safe environment for all to enjoy three days of hunting and community. NC Wildlife Resources Commission officers come out on Thursday to train and license those warriors who do not already hold a hunting license. Local sheriff, fire and EMS departments volunteer. And the local Veterans of Foreign Wars (VFW) chapter provide the farewell luncheon.

Freeman reaches out and accepts applications from Wounded Warrior Battalions across the country. This year's event featured warriors from Missouri, Florida, South Carolina, Virginia and North Carolina. In years past, a few have traveled from Washington State. Many come back to the event year after year, some as hunters and others as guides and callers to help other warriors. Freeman said the ages have ranged from 19 to 100.

"We do this for these men and women because they've given enough," commented Dan Kennedy, who served as a guide for seven years in Virginia and now six years in Gates County. "We have a lot of fun, and some of these guys have never hunted before!"

Participants enjoyed the hunt as well as the comradery during the three-day event.

Chris Dillon, U.S. Army, attended the hunt for the second time with Army buddy Kevin Assenat, who made his fourth trip to Gates County. Both are from Roanoke, Virginia.

"I didn't bag one this year, but that's not what this event is all about," Dillon said. "I'll be back next year."

Support the hunt

Donations to help fund the annual event can be mailed to:

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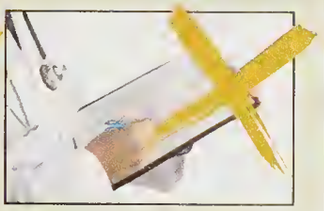

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50-54	$11.50	$9.70	$18.50	$15.50	$36.00	$30.00	$88.50	$73.50
55-59	$14.20	$11.95	$23.00	$19.25	$45.00	$37.50	$111.00	$92.25
60-64	$17.20	$13.30	$28.00	$21.50	$55.00	$42.00	$136.00	$103.50
65-69	$20.50	$16.00	$33.50	$26.00	$66.00	$51.00	$163.50	$126.00
70-74	$27.40	$21.40	$45.00	$35.00	$89.00	$69.00	$221.00	$171.00
75-79	$37.00	$30.10	$61.00	$49.50	$121.00	$98.00	$301.00	$243.50
80-85	$50.50	$42.55	$83.50	$70.25	$166.00	$139.50	$413.50	$347.25

The rates above include a $12 annual policy fee.

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What's in a Name?

North Carolina's natural resources go by many names, each with a purpose

Cedar Rock Falls at Pisgah National Forest, Umstead State Park, and Merchant Millpond State Park

By Amy Ney

Have you ever wondered why hunting is allowed in one natural area and not in another? Or why some places are called "parks" while others are called "forests"? North Carolina offers a treasure trove of natural resources across a wide range of habitats, and each is managed for a different purpose.

National Forests

National Forests are managed to conserve our nation's natural resources. North Carolina has four: Nantahala, Pisgah, Uwharrie and Croatan.

"National Forests are managed for multiple uses including timber, recreation, fish and wildlife habitat, and more," explains Cathy Dowd with the U.S. Forest Service, who is public information officer for the National Forests in the state. "We use input from the public to decide where these uses take place, but we try to accommodate the wide range of potential uses across all forests." The Forest Reserve Act of 1891 allowed for the creation of the nation's first national reserves, which were then managed by the U.S. Department of the Interior. In 1905, these reserves were transferred to the jurisdiction of the U.S. Department of Agriculture's newly created Forest Service, of which Gifford Pinchot was the first chief. The mission of the USDA Forest Service is to maintain our nation's forests and grasslands as healthy, diverse, and sustainably productive. Located in the Pisgah National Forest in western North Carolina, the Cradle of Forestry in America Historic Site commemorates the very first school of forestry in North America and contains original buildings, the Forest Discovery Center, and offers seasonal special events and educational interpreters who demonstrate crafts such as broom-making and blacksmithing.

To locate a National Forest in your area, determine the uses for the forest, and keep current on any closures or restrictions, visit the National Forests in NC website (fs.usda.gov/nfsnc).

National Parks

National Parks are managed to preserve unimpaired the natural and cultural resources of the park. North Carolina has 10, according to the National Park Service, which together draw more than 18 million visitors a year.

"The main difference between National Forests and National Parks is how they are managed," Dowd says.

The mission of the National Park Service is to protect our nation's significant places and help visitors experience these locations now and in the future. This includes various types of lands, including seashores, heritage areas and corridors, historic sites, military parks and battlefields, historic and scenic trails, and memorials.

Examples in the state include the Appalachian Trail (a 2,190-mile footpath stretching from Maine to Georgia), the Wright Brothers National Memorial (in Kill Devil Hills along the Outer Banks, this site commemorates the first flight by brothers Orville and Wilbur Wright in 1903), and the Cape Hatteras National Seashore (camping, fishing, hiking, bird-watching, lighthouse-viewing and swimming are available along the North Carolina coastline from Bodie Island to Ocracoke Island).

North Carolina contains portions of the two most-visited National Park lands in the country—Great Smoky Mountains National Park (located

along the border with Tennessee, you can camp, hike, visit historic buildings, see rare synchronous fireflies and even take a motor nature tour there) and the Blue Ridge Parkway (stretching between the Great Smoky Mountains National Park and Shenandoah National Park in Virginia, this 469-mile scenic drive offers hiking, stunning views and a variety of special events).

To locate a National Park unit near you, visit nps.gov/state/nc.

State Parks

North Carolina State Parks are managed to conserve and protect state lands for visitors to experience education, enjoyment, recreation (including hiking, biking, boating, educational programs and camping, but not hunting) and inspiration. They are managed by the NC Division of Parks and Recreation.

There are dozens of state parks, natural and recreation areas, lakes, trails, and rivers scattered across North Carolina, from Gorges State Park in the west to Jockey's Ridge State Park in the east. In 1916, Mount Mitchell (North Carolina's state high point at 6,684 feet) became the first state park; Carver's Creek State Park is the newest, founded in 2005. Visit ncparks.gov to find a state park near you.

Leave No Trace

The Leave No Trace Center for Outdoor Ethics is a national nonprofit organization dedicated to protecting the environment by teaching people to enjoy it responsibly. Whatever natural area you visit, you should always keep in mind the Leave No Trace Seven Principles:

- Plan ahead and prepare
- Travel and camp on durable surfaces
- Dispose of waste properly
- Leave what you find
- Minimize campfire impacts
- Respect wildlife
- Be considerate of other visitors

For more information about each principle, visit LNT.org.

© 1999 by the Leave No Trace Center for Outdoor Ethics.

State Forests

State Forests are managed according to a forest management plan for education, research, habitat, recreation and forest products—some are actively managed for growing and harvesting trees. The North Carolina Forest Service manages nine forests throughout the state, seven of which are designated as educational state forests.

DuPont State Recreational Forest in western North Carolina contains spectacular waterfalls, hiking and biking trails and lakes. It gained some Hollywood cred after portions of The Hunger Games (2011) were filmed there.

Each educational state forest offers various programs for youth and adults as well as informative signage indicating how and why the forest is being managed the way it is. You can learn more about NC State Forests by visiting ncforestservice.gov.

Get out and enjoy!

Wherever you venture out in nature this summer, be sure to drop by the visitors center and read the signs that explain what type of area you're in and what activities are allowable there. Following the posted guidelines will help you, other visitors, and local wildlife all enjoy our natural places.

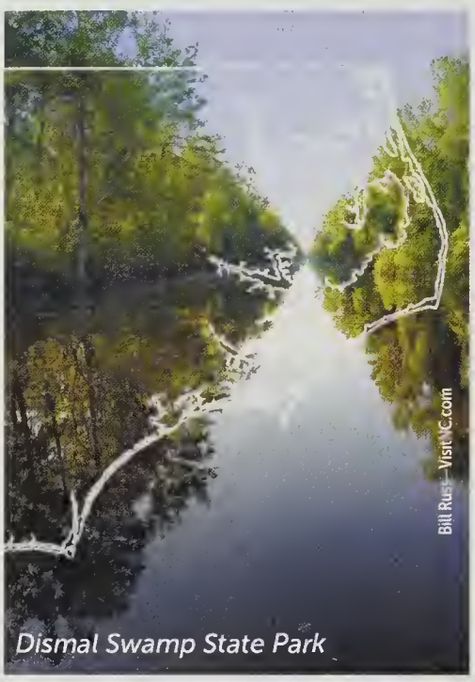
Guilford Courthouse National Military Park

Ocracoke, part of the Cape Hatteras National Seashore

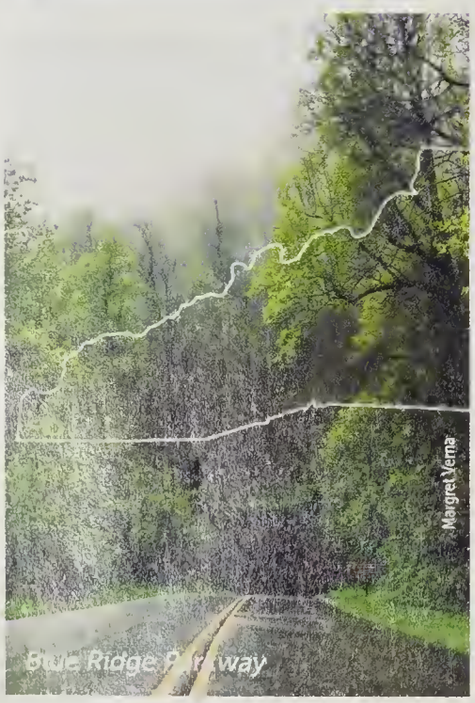
For those new to the outdoor recreation scene, last fall Blue Cross and Blue Shield of North Carolina partnered with the North Carolina State Parks system and others to create the Hike NC program, which allows anyone to select and register for hikes in their region led by park rangers and other experts. June hikes are available at gohikenc.com.

Amy Ney is a freelance writer with a background in private land management. She lives in Haywood County and is a member of Haywood EMC.

Grandfather Mountain State Park



Dismal Swamp State Park



Blue Ridge Parkway

Take a Walk in the Woods

Ready for your first hike? It can be a little intimidating. For starters, what actually goes in that day pack? Here's a quick primer for first-timers from the experts at North Carolina-based Great Outdoor Provision Co.

- **Footwear:** Hiking boots or shoes are preferred. A true hike is on natural surface trail, trail that is sometimes rocky, sometimes rooty, usually both. For hikes over three miles you'll be glad you have a sturdy sole to help absorb the shock of the trail.
- **Clothing:** For the most part, we encourage synthetic clothing that dries quickly, especially in cooler weather. You start moving, you sweat; you stop moving and unless that fabric pressing against your skin is quick-drying and pulls the moisture away from your body, you will cool down quickly. Not a bad thing in the dead of summer, but potentially dangerous otherwise.
- **Water:** This is a biggie: No matter how long the hike, bring water. Dehydration is your enemy on the trail, and it can happen on even short hikes. If you don't have a daypack or fanny pack and it's a short hike, you can carry your water bottle. If you don't own a water bottle, pick up a bottle of water at the store. Don't forget water!
- **Snacks:** Again, even on a short hike it's good to have a snack or two. An energy bar, a pack of cookies—whatever works for you. It's a bummer to get midway through a hike and suddenly have your fuel gauge plummet to E. And if hiking is new to you, you likely don't know how you might feel a mile down the trail.
- **Camera:** You've got a smartphone? You've got a camera. Bring it. Switch to Airplane Mode at the trailhead, then shoot freely—you have social media obligations, don't you?

There are additional "musts" by season: Bug spray in the summer, warm layers in the winter. But this is a good starting point for the typical, not-so-long day hike (2–4 miles). Find more gear tips online at bit.ly/GetHiking-tips.

Founded in 1972, Great Outdoor Provision Co. is a specialty outdoor retailer based in North Carolina. Find more about their nine store locations at greatoutdoorprovision.com.

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YOU CAN TAKE IT WITH YOU

RVs allow you to hit the open road with all the comforts of home

By Debra Gibson Isaacs

Are you a fifth-wheel? A fifth-wheel kind of camper, that is. Or perhaps you want to be able to macho your way to the top of anything out there. Whatever your preferences and needs, there is a recreational vehicle (RV) for you. An RV is simply a vehicle that combines transportation and living quarters.

"A lot depends on what kind of trips you want to make," says Kevin Broom, spokesperson for the Recreation Vehicle Industry Association (RVIA). "RVing is just like any vacation except that you bring your own home with you."

Choosing that home away from home is much like choosing a non-mobile one. There is no correct choice or wrong answer. The best decision is different for each person and family.

There is a lot to learn when choosing a recreational vehicle, however. Fortunately, there is also a lot of information out there to help.

Exploring RVIA's website (GoRVing.com) or asking yourself some basic questions is a good place to start. Think about how you want to use your RV. Will you be bringing the kids or grandkids along? Do you want to get off-road or stick to city streets? Do you want a fast-driving RV or a cool-looking RV? Are you a tailgating party planner or a master chef?

For campers who will be traveling with children, as an example, RVIA points to models with varied sleeping options.

"RVs are built for family fun. Built-in bunks or trundle beds give everyone a comfortable place to call their own. Best of all, there are no strange beds to sleep in, and there are always familiar surroundings," RVIA says. "Type C Motorhomes often have an over-cab bed that sleeps two to three and can be a fun, personal space for kids."

The next step is to choose the type of RV you think you might want. RVs are divided into categories largely based on how they're moved (see chart on opposite page). There are towable RVs; motorized RVs; specialty RVs, such as horse trailers and those equipped for the disabled; and park model RVs, designed to look more like a traditional home.

An array of styles fit into any given category.

GoRVing.com will help guide you to a specific model through a series of basic questions, including what type of vehicle you plan to use to tow an RV, how many people it will need to sleep and if you want to feel close to nature while inside.

Once you complete the process, you will have a better idea of what kind of camper you are. Perhaps you really are a fifth-wheel — a fifth-wheel camper, of course.

Debra Gibson Isaacs has been a writer and photographer for more than 30 years. Based in Lexington, Kentucky, she is an avid adventurer with a passion for animals.

Where to?

You can find facilities equipped for RVs in a wide array of settings, including in national and state parks; on other public lands; or in private campgrounds. There's also the journey to consider, with a number of National Scenic Byways offering easy "scenic routes." Visit GoRVing.com/where-to-go to explore your options.

Rooms with a View

What type of recreational vehicle fits your lifestyle? There are a surprising number of options, each with its own strengths.

The interior of this conventional travel trailer offers all the amenities of home.

Towable RVs

Designed to be towed by family car, van or pickup truck. Can be unhitched and left at the campsite while you explore in your auto.

Travel Trailers

- Conventional Travel Trailer
- Wide range of floor plans and sizes
- Affordable homelike amenities
- Sleep up to 10
- Typically $8,000 to $95,000 new

Sport Utility RVs act as a garage on wheels for your outdoor recreation toys like ATVs and dirt bikes.

Fifth-Wheel Travel Trailers

- Spacious two-level floor plans
- Towed with a pickup truck
- Sleep up to six
- Typically $18,000 to $160,000 new

Travel Trailers with Expandable Ends

- Ends pull out for roomy sleeping
- Lightweight towing
- Sleep up to eight
- Typically $10,000 to $30,000 new

Folding Camping Trailers

- Fold for lightweight towing
- Fresh-air experience with RV comfort
- Sleep up to eight
- Typically $5,000 to $22,000 new

Truck Campers

- Mount on pickup bed or chassis
- Go wherever your truck can go
- Sleep up to six
- Typically $6,000 to $55,000 new

Park Model RVs

- Movable resort unit designed exclusively for part-time recreational use
- Sleep up to 10
- Typically $20,000 to $80,000

Motorized RVs

No truck required: Living quarters are accessible from the driver's area in one convenient unit.

Type A Motorhomes

- Generally roomiest of all RVs
- Luxurious amenities
- Sleep up to six
- Typically $60,000 to $500,000 new

Type B Motorhomes

- Commonly called van campers
- Drive like the family van
- Sleep up to four
- Typically $60,000 to $130,000 new

Type C Motorhomes

- Similar amenities to Type As
- Optional sleeping space over the cab
- Sleep up to eight
- Typically $43,000 to $200,000 new

Sport Utility RVs

- Available motorized and towable (as travel trailers or fifth-wheels).
- Built-in garage for hauling cycles, ATVs, and other sports equipment
- Sleep up to eight
- Typically $10,300 to $170,000 new

Source: GoRVing.com

Living with BLACK BEARS

A thriving NC bear population makes it more likely your paths will cross

By Scott Gates

There was a time, long ago, when North Carolina teemed with black bears. But like many species—including mountain lions and red wolves—bear populations were beaten back by early settlers and subsequent habitat loss. If you traveled the state in the mid-1900s, you likely never saw a black bear. Any populations were holed up in only the most remote mountain woodlands and coastal swamps.

Not so these days. Their comeback is counted among wildlife management's greatest achievements, according to the North Carolina Wildlife Resources Commission, and today, black bears call about 60 percent of the state their home.

"We have breeding populations of black bears in the mountains and along the coast, and they've been filling in between pretty steadily," explains Jessie Birckhead, extension biologist with the North Carolina Wildlife Resources Commission. "A lot of times young males will go on long journeys to find a new place to live, so we get reports from people who have seen bears across the Piedmont, even in both suburban and urban areas."

Spotting a bear across a field from the car is a treat, but what if it's in your back yard? Or down the hill from you on a hike? Birckhead offers these tips for coexisting with our state's largest mammals.

At home or the campsite

- Secure trash inside cans stored in a secure area, and put cans outside the morning of trash collection day. Campsites in bear country will have designated cans designed to keep bears and other animals out. If backpacking, use a bear bag at night to hang food and trash.
- If a bear is in the area near your home, remove bird feeders and hummingbird feeders, even those advertised as "bear proof."

[illegible] problem?

If you have a problem with wildlife at your home or business, the North Carolina Wildlife Resources Commission will help you find a solution. Visit ncwildlife.org/Have-A-Problem for online resources, or call the NC Wildlife Helpline at 866-318-2401 (weekdays 8 a.m.–5 p.m.).

MYTH
Black bears are dangerous to humans.

FACT
Black bears are usually non-aggressive, shy creatures. They avoid humans unless provoked or attracted by unnatural foods. Unprovoked black bear attacks are extremely rare. Visit ncwildlife.org/bear to learn more.

Melissa McGaw, NC Wildlife Resources Commission

- Avoid free-feeding pets outdoors. Do not leave pet foods out overnight. If you must feed pets outdoors, make sure all food is consumed and empty bowls are removed.
- Avoid cooking greasy dishes while camping (sorry, no bacon in the morning). Clean all food and grease from the grill after each use. Bears are attracted to food odors and may investigate.
- If you see a bear, leave it alone. Don't approach the bear, as it will feel cornered and you, and others, may be blocking off its escape route. Let the bear move on undisturbed.

On the trail

- Make noise while hiking to scare away bears before you ever see them. Hiking with a partner helps and is a good safety rule of thumb in general.
- If you encounter a bear, try to stay calm. Bears are usually wary of people unless humans feed or provoke them.
- Shouting, clapping or blasting a car horn may scare off a bear temporarily.
- Never feed, approach, surround or corner the bear. If it changes its natural behavior because of your presence, you are too close.
- Always face the bear and make yourself look as big as possible. Back away slowly, making lots of noise.
- Bear repellents, like pepper spray, can be effective but not required (unlike in states with Grizzly bear populations). If you carry it, know how to use it.

Urgent: Special Summer Driving Notice

To some, sunglasses are a fashion accessory...

But When Driving, These Sunglasses May Save Your Life!

Studies by the National Highway Traffic Safety Administration (NHTSA) show that most (74%) of the crashes occurred on clear, sunny days

Drivers' Alert: Driving can expose you to more dangerous glare than any sunny day at the beach can... do you know how to protect yourself?

The sun rises and sets at peak travel periods, during the early morning and afternoon rush hours and many drivers find themselves temporarily blinded while driving directly into the glare of the sun. Deadly accidents are regularly caused by such blinding glare with danger arising from reflected light off another vehicle, the pavement, or even from waxed and oily windshields that can make matters worse. Early morning dew can exacerbate this situation. Yet, motorists struggle on despite being blinded by the sun's glare that can cause countless accidents every year.

Not all sunglasses are created equal. Protecting your eyes is serious business. With all the fancy fashion frames out there it can be easy to overlook what really matters—the lenses. So we did our research and looked to the very best in optic innovation and technology.

Sometimes it does take a rocket scientist. A NASA rocket scientist. Some ordinary sunglasses can obscure your vision by exposing your eyes to harmful UV rays, blue light, and reflective glare. They can also darken useful vision-enhancing light. But now, independent research conducted by scientists from NASA's Jet Propulsion Laboratory has brought forth ground-breaking technology to help protect human eyesight from the harmful effects of solar radiation light. This superior lens technology was first discovered when NASA scientists looked to nature for a means to superior eye protection—specifically, by studying the eyes of eagles, known for their extreme visual acuity. This discovery resulted in what is now known as Eagle Eyes®.

Slip on a pair of Eagle Eyes® and everything instantly appears more vivid and sharp. You'll immediately notice that your eyes are more comfortable and relaxed and you'll feel no need to squint. The scientifically designed sunglasses are not just fashion accessories—they are necessary to protect your eyes from those harmful rays produced by the sun during peak driving times.

The Only Sunglass Technology Certified by the Space Foundation for UV and Blue-Light Eye Protection. Eagle Eyes® features the most advanced eye protection technology ever created. The TriLenium® Lens Technology offers triple-filter polarization to block 99.9% UVA and UVB—plus the added benefit of blue-light eye protection. Eagle Eyes® is the only optic technology that has earned official recognition from the Space Certification Program for this remarkable technology. Now, that's proven science-based protection.

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That's two pairs to protect your eyes with the best technology available for less than the price of one pair of traditional sunglasses. You get a pair of Navigators with stainless steel black frames and the other with stainless steel gold, plus one hard zipper case and one micro-fiber drawstring cleaning pouch are included. Keep one pair in your pocket and one in your car.

Your satisfaction is 100% guaranteed. If you are not astounded with the Eagle Eyes® technology, enjoying clearer, sharper and more glare-free vision, simply return one pair within 60 days for a full refund of the purchase price. The other pair is yours to keep. No one else has such confidence in their optic technology.

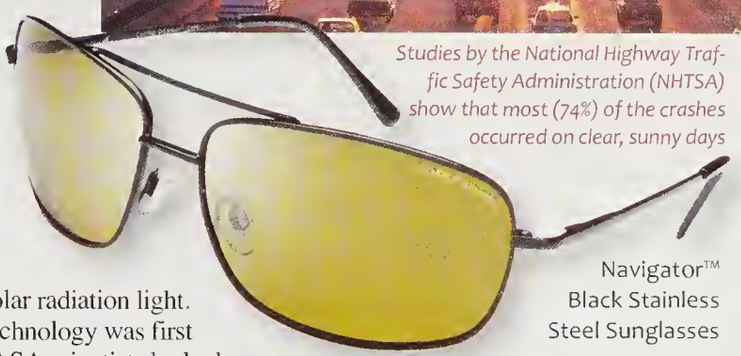

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PHOTO CONTEST

Reclaimed & Reused

We'll be talking about sustainable living in our upcoming August issue—simply put, how folks across the state are doing more with less. We'd like to hear how our readers are putting old things to work in new ways. Send us a photo of a project where you used old materials (whether it's functional, artistic or both) and the story that goes with it. We will pay $50 for each one printed in our August issue.

Rules

Deadline: June 15, 2017

One entry per household

Photos a minimum of 4 x 6 inches

Limit supporting text to 200 words or less.

Include your name, electric co-op, mailing address and email address or phone number with your entry.

We retain reprint and online rights. Payment will be limited to those entries appearing in print only, not entries featured solely on carolinacountry.com.

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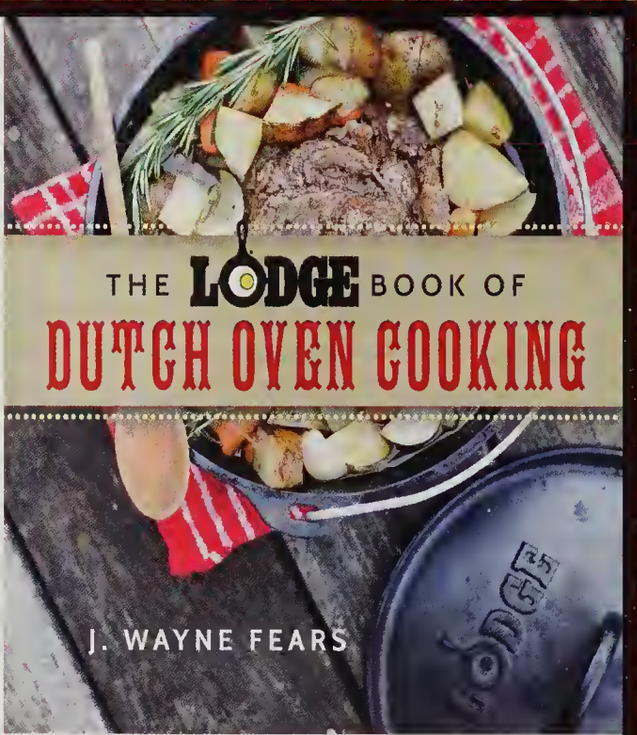
If you would like us to return your photo print, include a self-addressed, stamped envelope (we will not return others).

Lodge Cast Iron Cookware Sweepstakes

Being outside is a great way to spend time together this summer—and campfire cooking makes those trips even more memorable. Carolina Country is partnering with Lodge Manufacturing Company to offer a drawing for a cast iron cookware package that includes:

- 6-qt./12-inch Camp Dutch Oven
- 12-inch tote bag
- 60-inch tripod & tote bag
- Deluxe lid lifter
- Lid stand
- Cast iron trivet/meet rack
- Outdoor spatula, tongs, brush, spoon
- Charcoal Starter
- Chuck wagon dinner bell
- Leather gloves
- Lodge baseball hat
- 13.25-inch cast iron skillet & Leather Hot Handle Holder
- The Lodge Book of Dutch Oven Cooking

Founded in 1896 by Joseph Lodge, Lodge Manufacturing in South Pittsburg, Tennessee, is one of America's oldest cookware companies in continuous operation.



NO PURCHASE NECESSARY. To enter, complete online entry form at carolinacountry.com/lodge for a chance to win. All contact information will remain confidential. One entry per person, drawn by random; odds of receiving the one (1) Lodge cast iron cookware package (estimated retail value of ($468.99) depend upon number of entries received. Entries must be completed online at carolinacountry.com/lodge by June 30, 2017.

Visit carolinacountry.com/lodge by June 30 to enter the random drawing.

Land that Hot Job

Discover the most in-demand jobs

Whether you are a new college graduate or have been in the workforce for years, if you're hunting for a new gig, it's time to discover this year's hottest jobs.

The 2017 Hot Jobs report reveals the most in-demand and emerging jobs across engineering, finance and accounting, human resources, information technology (IT), life sciences, manufacturing and logistics, office and administration, and non-clinical healthcare.

"It's important to stay in the know to find out which jobs hold the greatest potential," says Jim Link, chief human resources officer for Randstad North America, an HR services and staffing company that recently released the report.

Those seeking career growth can improve their chances by knowing "employer pain points and packaging their skills and knowledge as potential solutions," Link explains. Randstad offers the following tips:

- If you have a knack for science and technology, consider engineering. The industry continues to evolve based on market trends and technical innovation. The field's overall unemployment rate is well below the national average.
- Interested in finance and accounting? Beef up your public accounting and general ledger software skills to be more competitive. You'll also have a leg up if you speak a second language.
- Passionate about working in a front or back office role within the healthcare system? Non-clinical healthcare is booming, with emerging jobs like medical secretary and medical assistant in facilities needing additional support.
- Explore positions flush with research and development funding in life sciences. With continued innovations in medical technology, the changing regulatory environment and upcoming patent expirations, the industry requires highly specialized talent to fill open voids.
- While IT is an ever-growing industry, Big Data positions are critical to increasing productivity and innovation is in high demand.
- As office and administration roles grow, these positions are starting to look more like middle management than support staff. If you possess diverse skills with experience in project management, budgeting, marketing and training, you'll have the upper hand.
- New technology and innovative production systems are sparking a rebirth in American manufacturing and logistics. Job seekers with previous experience, higher education, technological know-how or training will have a competitive edge.
- Consider being the human in human resources. It's a field with rapid technological advancements, and professionals with a digital mindset will lead the pack.

Read the full Randstad report online at bit.ly/2017HotJobs.

—StatePoint

NC Resources

The North Carolina Department of Commerce's website, nccommerce.com, provides employment and wage data by occupation, including the state's hot jobs and the most promising job opportunities through the year 2020. Visit bit.ly/NC-HotJobs to see a select list of hot jobs (these require a bachelor's degree or higher). You can also enter job titles to see average pay in the "Star Jobs" section.

And be sure to check opportunities with your local electric cooperative. Co-ops are typically hiring positions across a range of specialties supporting an inspiring mission.

Gift Ideas for Dad

Let his interests and functionality be your guide

If you've heard giving practical gifts is a no-no, scratch that advice. When it comes to dads, functional gifts that show appreciation and awareness of personal interests may actually be your best bet on Father's Day.

Consider the hobbies and activities that your dad treasures most, then look for ways you can turn those pastimes into gifts that he can put to good use.

Sports celebration

No matter his favorite team, you can find countless ways to please an avid sports fan. Obvious options like T-shirts and baseball caps are always winners, but you can find plenty of creative and useful ways to celebrate dad's favorite team, too. Practical ideas to help trick out his car include new floor mats, headrest covers and even valve stem covers. You could also go more whimsical with stainless steel knives or salt and pepper shakers bearing his team's logo. You can find team stores online.

If he plays a sport (or wants to take up one), consider giving him gear to boost his game. For example, help your dad improve his golf score and complete rounds faster with a rangefinder. The many options available include Leupold's GX-1i3, GX-2i3 and GX-5i3 rangefinders (leupold.com/golf).

Feed his cravings

For the at-home chef, functional gift ideas are nearly endless. Try narrowing down the options by choosing his favorite cuisine. If Mexican cuisine is his thing, look for less common but highly useful items like taco holders or condiment dishes to hold a serving of freshly made salsa. If he likes Italian food, consider giving him gourmet olive oils or a good cheese grater, with a big slice of fresh parmesan for grating.

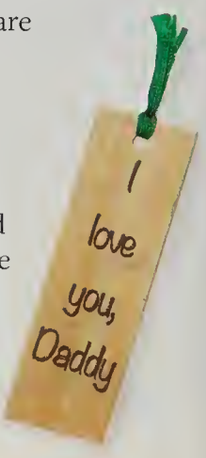
Or go a more experimental route with a custom kit that lets dad make his own beer or wine at home. There are also DIY kits for hot sauce, cheese, sausage and jerky.

Add a tool to his belt

If your dad is handy, you may think he's got every tool and gadget imaginable. The truth is, most handymen will agree you can never have too many tools. Think about the projects he tackles most often. The items he uses for these may be worn and in need of replacing. If there's a task he struggles to complete, consult with an expert at your local hardware store to determine whether there are devices that could help make the task easier.

Artistic interests

When the arts are more up his alley, make it easier for him to appreciate the genre he loves best. A reading lamp or monogrammed bookmark is perfect for the bookworm, while a visit to a performance may be just the ticket for a dad who enjoys experiencing the arts live.



—FamilyFeatures.com

Swimming Pool Electrical Safety

Water and electricity never mix! Remember to practice electrical safety when you're cooling off in the pool. Fill in the blanks in the electrical safety tips below. *Hint: Check your answers in the key below.*

Swimming Pool Safety Tips:

1. If you hear _____, immediately exit the swimming pool. Storms may be near.
2. Never bring _____ devices near a swimming pool. If they come in contact with water, electrical shock could occur. Devices should be kept at least 10 feet away from water sources.
3. Outdoor electrical outlets should be covered to keep them ___.
4. When possible, use _____ operated devices when near a swimming pool.

Answer Key
1. thunder 2. electrical 3. dry 4. battery

NC Electric Cooperatives
Your Touchstone Energy® Cooperatives

A Better Brunch

When cooking with exceptional ingredients, simple = delicious

Hosting brunch is easy when you build a menu around exceptional ingredients. Your dishes don't have to be overly complicated when you let stand-out flavors steal the show.

Quiche is a brunch staple, and no variation of this classic is complete without cheese. Known for its classic wedge, Jarlsberg cheese is a nutty, mild cheese. Available sliced or shredded, it adds a creamy richness to this quiche recipe.

For a lighter bite, try these smashed potatoes from Chef George Duran, host of television's TLC's "Ultimate Cake Off" and Food Network's "Ham on the Street." Explore more recipes for brunch at jarlsberg.com.

Spinach and Sundried Tomato Quiche

Pie dough

- ¾ cup butter
- 1 cup white flour
- 2 tablespoons water

Filling

- 1 cup fresh spinach
- 1 red onion, cut into rings
- 2 tablespoons of butter
- 1 cup milk
- 4 eggs
- Salt & pepper, to taste
- ½ cup sundried tomatoes, sliced
- ¼ cup black olives
- 1 cup shredded Jarlsberg Cheese

To make pie dough, preheat oven to 400 degrees.

Mix butter and flour in food processor or by hand until mixture has granular consistency. Add water and knead into dough. Let chill 30 minutes. Roll dough and fit into 10-inch pie pan. With fork, make holes in dough and bake 15 minutes.

To make filling, reduce oven heat to 350 degrees.

In frying pan, fry onion and spinach with butter, then scoop mixture into quiche base. Whisk together eggs, milk, salt and pepper, and pour over spinach and onion. Top with olives, sundried tomatoes and cheese.

Bake 35 to 40 minutes. Allow to cool a little before serving.

Yield: 6 servings

Cheesy, Crispy Smashed Potatoes

- 25 red bliss or fingerling potatoes, bite-size
- 4 tablespoons olive oil
- 4 garlic cloves, finely minced
- Salt & pepper, to taste
- 1 cup grated Jarlsberg Cheese
- 2 tablespoons minced parsley

Preheat oven to 450 degrees.

Cook potatoes by steaming, boiling or microwaving. Set aside. In small sauté pan or saucepan, add olive oil and garlic. Cook on medium-low heat until garlic browns and turns crispy, about 5 minutes. Strain garlic, reserving olive oil and crispy garlic.

Once potatoes cool, gently smash them down to about ½-inch thickness. Drizzle olive oil throughout roasting pan then add smashed potatoes. Drizzle reserved garlic olive oil on top of each potato and season with salt and pepper. Roast 20 minutes.

Remove from oven and evenly divide cheese and parsley on top of each potato. Cook another 10 minutes until cheese begins to brown. Top each potato with reserved crispy garlic and allow to cool before serving.

Yield: 4 servings

—FamilyFeatures.com

ADVERTISEMENT

Drug Companies Fear Release of the New AloeCure

Big Pharma stands to lose billions as doctors' recommend drug-free "health cocktail" that adjusts and corrects your body's health conditions.

by David Waxman
Seattle Washington:

Drug company execs are nervous. That's because the greatest health advance in decades has hit the streets. And analysts expect it to put a huge crimp in "Big Pharma" profits.

So what's all the fuss about? It's about a new ingredient that's changing the lives of people who use it. Some call it "the greatest discovery since penicillin"!

The name of the product is the AloeCure. It's not a drug. It's something completely different. And the product is available to anyone who wants it, at a reasonable price. But demands may force future prices to rise.

TOP DOC WARNS: DIGESTION DRUGS CAN CRIPPLE YOU!

Company spokesperson, Dr. Liza Leal; a leading integrative health specialist recommends AloeCure before she decides to prescribe any digestion drug. Especially after the FDA's stern warning about long-term use of drugs classified as proton pump inhibitors like **Prilosec®, Nexium®, and Prevacid®**. In a nutshell, the FDA statement warned people should avoid taking these digestion drugs for longer than three 14-day treatment periods because there is an increased risk of bone fractures. Many people take them daily and for decades.

Dr. Leal should know. Many patients come to her with bone and joint complaints and she does everything she can to help them. One way for digestion sufferers to help avoid possible risk of tragic joint and bone problems caused by overuse of digestion drugs is to take the AloeCure.

Analysts expect the AloeCure to put a huge crimp in "Big Pharma" profits.

The secret to AloeCure's "health adjusting" formula is scientifically tested Acemannan, a polysaccharide extracted from Aloe Vera. But not the same aloe vera that mom used to apply to your cuts, scrapes and burns. This is a perfect strain of aloe that is organically grown under very strict conditions. AloeCure is so powerful it begins to benefit your health the instant you take it. It soothes intestinal discomfort and you can avoid the possibility of bone and health damage caused by overuse of digestion drugs. We all know how well aloe works externally on cuts, scrapes and burns. But did you know Acemannan has many of other health benefits?...

HELPS THE IMMUNE SYSTEM TO CALM INFLAMMATION

According to a leading aloe research, when correctly processed for digesting, the Aloe plant has a powerful component for regulating your immune system called Acemannan. So whether it's damage that is physical, bacterial, chemical or autoimmune; the natural plant helps the body stay healthy.

RAPID ACID AND HEARTBURN NEUTRALIZER

Aloe has proved to have an astonishing effect on users who suffer with digestion problems like bouts of acid reflux, heartburn, cramping, gas and constipation because it acts as a natural acid buffer and soothes the digestive system. But new studies prove it does a whole lot more.

SIDE-STEP HEART CONCERNS

So you've been taking proton pump inhibitors (PPI's) for years and you feel just fine. In June of 2015 a major study shows that chronic PPI use increases the risk of heart attack in general population.

UNLEASH YOUR MEMORY

Studies show that your brain needs the healthy bacteria from your gut in order function at its best. Both low and high dosages of digestion drugs are proven to destroy that healthy bacteria and get in the way of brain function. So you're left with a sluggish, slow-to-react brain without a lot of room to store information. The acemannan used in AloeCure actually makes your gut healthier, so healthy bacteria flows freely to your brain so you think better, faster and with a larger capacity for memory.

Doctors call it "The greatest health discovery in decades!"

SLEEP LIKE A BABY

A night without sleep really damages your body. And continued lost sleep can lead to all sorts of health problems. But what you may not realize is the reason why you're not sleeping. Some call it "Ghost Reflux". A low-intensity form of acid reflux discomfort that quietly keeps you awake in the background. AloeCure helps digestion so you may find yourself sleeping through the night.

CELEBRITY HAIR, SKIN & NAILS

Certain antacids may greatly reduce your body's ability to break down and absorb calcium. Aloe delivers calcium as it aids in balancing your stomach acidity. The result? Thicker, healthier looking hair...more youthful looking skin... And nails so strong they may never break again.

SAVE YOUR KIDNEY

National and local news outlets are reporting Kidney Failure linked to PPI's. Your Kidney extracts waste from blood, balance body fluids, form urine, and aid in other important functions of the body. Without it your body would be overrun by deadly toxins. Aloe helps your kidney function properly. Studies suggest, if you started taking aloe today; you'd see a big difference in the way you feel.

GUARANTEED RESULTS OR DOUBLE YOUR MONEY BACK

Due to the incredible results people are reporting, AloeCure is being sold with an equally incredible guarantee.

"We can only offer this incredible guarantee because we are 100% certain this product will work for those who use it," Says Dr. Leal.

Here's how it works: Take the pill exactly as directed. You must see and feel remarkable improvements in your digestive health, your mental health, in your physical appearance, the amount inflammation you have throughout your body – even in your ability to fall asleep at night!

Otherwise, simply return the empty bottles with a short note about how you took the pills and followed the simple instructions and the company will send you...Double your money back!

HOW TO GET ALOECURE

This is the official nationwide release of the new AloeCure pill in the United States. And so, the company is offering our readers up to 3 FREE bottles with their order.

This special give-away is available for readers of this publication only. All you have to do is call TOLL-FREE **1-800-808-3195** and provide the operator with the Free Bottle Approval Code: JC025. The company will do the rest.

Important: Due to AloeCure's recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back.

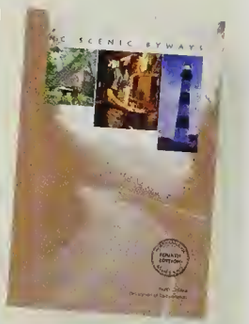
THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE

Tar Heel Tidbits

For the young (and young at heart)

Free Guide for Your Drive

Explore North Carolina's less-traveled roads this summer! The NC Scenic Byways guide offers more than 50 routes so travelers can see the diverse beauty across the state. The byways range from three miles to 173 miles, and from curvy mountain roads to ferry rides across coastal plains. Download the guide at bit.ly/NCbyways or request a free copy by writing to NCDOT Scenic Byways Program, 1557 Mail Service Center, Raleigh, NC, 27699-1577.



Yummy Cannoli

Young kids like squeezing the filling into the shells to make this sweet treat. Parents can handle the fine chopping and zesting, or assist their older-age children with these tasks.

Prep time: 20 minutes

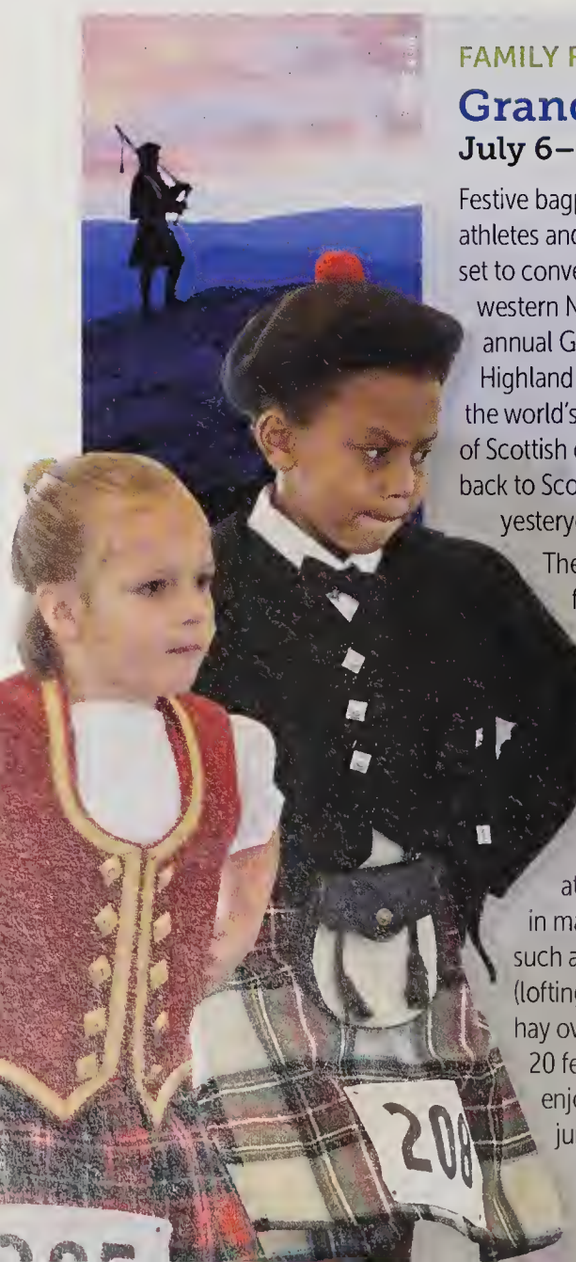
- 1 cup Snickers Bars, finely chopped
- 1½ cups part skim milk ricotta
- ⅓ cup sugar
- ½ teaspoon grated orange zest
- 1 resealable plastic bag
- 24 mini cannoli shells, unfilled
- ½ cup M&M's Chocolate Candies

Combine chopped candy bars with ricotta, sugar and orange zest. Spoon mixture into resealable bag and snip off a ½-inch corner.

Fill cannoli shells by squeezing in filling from each end. Decorate both ends with chocolate candies.

Yield: Makes 24 servings

—FamilyFeatures.com



FAMILY FUN

Grandfather Mountain Highland Games

July 6–9, 2017, near Linville

Festive bagpipes, astounding athletes and tons of tartans are set to converge next month in western North Carolina. The annual Grandfather Mountain Highland Games is one of the world's largest gatherings of Scottish clans, and hearkens back to Scotland's traditions of yesteryear.

The Highland Games feature traditional heavyweight Scottish athletic contests, drumming and harp competitions, parades and live Celtic music. Adult athletes will compete in many feats of strength such as Tossing the Sheaf (lofting a 16-pound sack of hay over a bar more than 20 feet high). Youngsters enjoy participating in junior versions of the games, including competing in wrestling contests, foot races and tug-of-war battles. They also perform dancing and music recitals.

Families with Scottish roots can learn about their genealogy at clan tents that display various family crests. Visitors also enjoy watching the weaving and spinning demos and browsing the open-air market for Gaelic and tartan gift items and refreshments, including Scottish meat pies.

The Games will be held at MacRae Meadows on Grandfather Mountain (near Linville) from Thursday through Sunday, July 6–9, 2017. Admission for adults: $15, Thursday; $20, Friday; $30, Saturday; $15 Sunday; children: $5 daily for ages 5 to 12; free for under age 5. Call 828-733-1333 or visit bit.ly/gm-games17 for more information.

ROAD TRIP!

Fantasy Golf & Game Room

This roadside stop in Maggie Valley offers a uniquely designed 18-hole miniature golf course and a variety of fun arcade games where you can win prizes. The course includes a boat, waterfall and cave, and a lighthouse you can putt into, and the "mystery hole" is changed daily. If you make a hole-in-one, bring your scorecard to the ticket window to see if you won a free game. One round: $5 per person; multiple rounds for $7 through the Fun Pass.

Note: People in wheelchairs or with strollers and small children can play the front nine holes two times without encountering any steps.

The Game Room includes air hockey, Big Buck Hunter, the classic Ms. Pac-Man and Fast and Furious racing. Prices range from 25 cents to $1.

Open daily 10 a.m. to 10 p.m., June through August, weather permitting. Mid-April through May and September and October, it is open Friday through Sunday; hours vary.

fantasygolfandgameroom.com | 828-926-8180

For more information on other attractions in Maggie Valley, visit maggievalley.org or call 800-624-4431.

Have a laugh!

Q: What kind of music do planets sing?

A: Neptunes!

Kenneth Noland's Tide, 1958, courtesy of North Carolina Museum of Art

GETTING TO KNOW

Kenneth Noland

Abstract artist Kenneth Noland was born in Asheville on April 10, 1924. Noland devoted much of his career to studying the interaction of contrasting and complementing colors. His most famous paintings feature a circle or chevron pattern that contains a distinct array of colors.

After a four-year stint in the Air Force, he enrolled at Black Mountain College in the Blue Ridge Mountains. The experimental liberal arts college, now closed, challenged students to learn through their own creative approach. Noland went on to Paris to study art before returning to the United States and teaching in New York and Washington, D.C.

Noland painting in 1968, courtesy of Smithsonian Archives of American Art.

A Good Read

Author James Lynn Durham shares the story about the many adventures, good and bad, he had with his first pony in "Fireball Summer." Durham was eight years old when he broke in Fireball, a spitfire cowpony who became a close friend. Their summers of cow chasing, fox hunting, riding fence and fishing were big experiences for a young boy.

Durham's themes of financial hardship, making sacrifices and working hard for what you want are laced throughout his storyline, which he describes as "basically true." The author lives in Mocksville and is an EnergyUnited member. Hardcover, 87 pages, $9.95. 703-437-3584 or mascotbooks.com

2017

UNITED STATES DISTRIBUTION NOTICE:

TRYING TO KEEP UP: Rapid shipments of packages containing Vault Bricks loaded with valuable .999 solid U.S. State Silver Bars are flowing around the clock from the private vaults of the Lincoln Treasury to U.S. State residents who call 1-888-282-6742 Ext.FMS2147 to beat the 7-day deadline.

U.S. State Silver Bars go to residents in 5 states

U.S. residents who find their state listed below in bold get first dibs at just the $59 minimum set for state residents while all non state residents must pay $134

AL	AK	AZ	AR	CA	CO	CT	DE	FL
GEORGIA	HI	ID	IL	IN	IA	KS	KY	LA
ME	MD	MA	MI	MN	MS	MO	MT	NE
NV	NH	NJ	NM	NY	**NORTH CAROLINA**	ND	OH	OK
OR	PA	RI	**SOUTH CAROLINA**	SD	**TENNESSEE**	TX	UT	VT
VIRGINIA	WA	WV	WI	WY				

NATIONWIDE – The phone lines are ringing off the hook.

That's because U.S. State Silver Bars sealed away in State Vault Bricks are being handed over to NC, VA, SC, GA and TN residents at just the state minimum set by the Lincoln Treasury for the next 7 days.

This is not a misprint. For the next 7 days residents who find their state on the Distribution List above in bold are getting individual State Silver Bars at just the state minimum of $59 set by the Lincoln Treasury. That's why everyone should be taking full Vault Bricks loaded with five U.S. State Silver Bars before the deadline ends.

And here's the best part. Every NC, VA, SC, GA and TN resident who gets at least two Vault Bricks is

(Continued on next page)

COURTESY LINCOLN TREASURY
PHOTO ENLARGEMENT SHOWS ENGRAVING DETAIL

(Continued from previous page)
also getting free shipping and free handling. That's a real steal because all other state residents must pay over six hundred dollars for each State Vault Brick.

Not long ago, nobody knew that the only U.S. State Silver Bars locked away in the private vaults of the Lincoln Treasury would be allocated to the Federated Mint for a limited release to residents in 5 states. Every single one of the 50 U.S. State Silver Bars are date numbered in the order they ratified the Constitution and were admitted into the Union beginning in the late 1700s.

"As Executive Advisor to the Lincoln Treasury I get paid to deliver breaking news. So, for anyone who hasn't heard yet, highly collectable U.S. State Silver Bars are now being handed over at just the state minimum set by the Lincoln Treasury to residents in 5 states who beat the offer deadline, which is why I pushed for this announcement to be widely advertised," said Mary Ellen Withrow, the emeritus 40th Treasurer of the United States of America.

"These bars are solid .999 pure fine silver and will always be a valuable precious metal which is why everyone is snapping up as many as they can before they're all gone," Withrow said.

There's one thing Withrow wants to make very clear. State residents only have seven days to call the Toll Free Order Hotlines to get the U.S. State Silver Bars.

"These valuable U.S. State Silver Bars are impossible to get at banks, credit unions or the U.S. Mint. In fact, they're only being handed over at state minimum set by the Lincoln Treasury to NC, VA, SC, GA and TN residents who call the Toll Free Hotline before the deadline ends seven days from today's publication date", said Timothy J. Shissler, Executive Director of Vault Operations at the private Lincoln Treasury.

To make it fair, special Toll Free Overflow Hotlines have been set up to ensure all residents have an equal chance to get them.

Rapid shipments to state residents are scheduled to begin with the first calls being accepted at precisely 8:30am today.

"We're bracing for all the calls and doing everything we can to make sure no one gets left out, but the U.S. State Silver Bars are only being handed over at just the state resident minimum set by the Lincoln Treasury for the next seven days. For now, residents can get the U.S. State Silver Bars at just the state minimum set by the Lincoln Treasury as long as they call before the order deadline ends," confirmed Shissler.

"With so many state residents trying to get these U.S. State Silver Bars, lines are busy so keep trying. All calls will be answered," Shissler said. ■

NC, VA, SC, GA AND TN:
COVER JUST $59 STATE MINIMUM

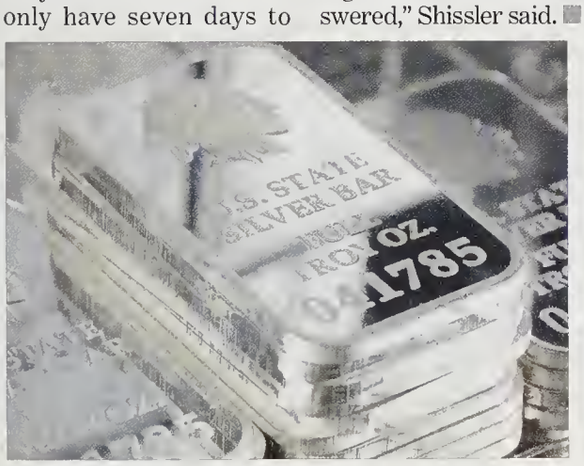
CALL ▶ 1-888-282-6742 EXT.FMS2147 BEGINNING AT 8:30AM

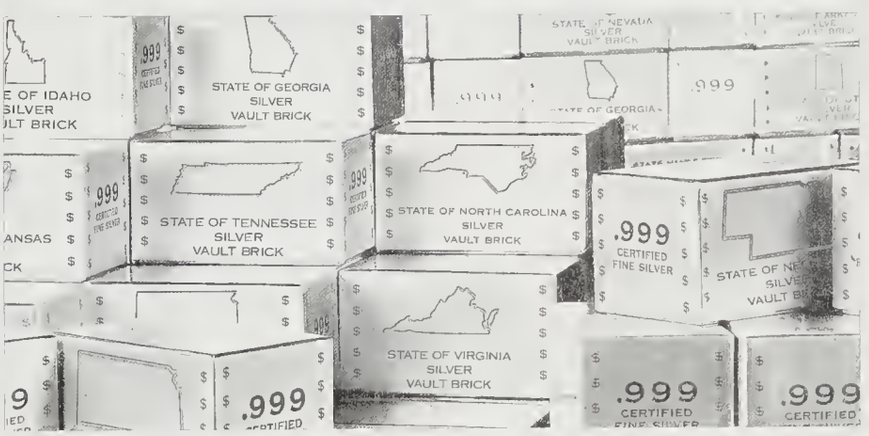
1. IF ALL LINES ARE BUSY CALL THIS SPECIAL TOLL FREE OVERFLOW HOTLINE: **1-888-414-3758 EXT.FMS2147**
2. RESIDENTS WHO FIND THEIR STATE ON THE DISTRIBUTION LIST TO THE LEFT IN BOLD AND BEAT THE DEADLINE ARE AUTHORIZED TO GET INDIVIDUAL STATE SILVER BARS AT JUST STATE MINIMUM OF $59 SET BY THE LINCOLN TREASURY. THAT'S WHY EVERYONE SHOULD BE TAKING FULL VAULT BRICKS LOADED WITH FIVE STATE SILVER BARS BEFORE THEY'RE ALL GONE. AND HERE'S THE BEST PART. EVERY NC, VA, SC, GA AND TN RESIDENT WHO GETS AT LEAST TWO VAULT BRICKS IS ALSO GETTING FREE SHIPPING AND FREE HANDLING. THAT'S A REAL STEAL BECAUSE ALL OTHER STATE RESIDENTS MUST PAY OVER SIX HUNDRED DOLLARS FOR EACH STATE VAULT BRICK.

ALL OTHER STATE RESIDENTS:
MUST REMIT $134 PER STATE SILVER BAR

1. NO STATE SILVER BARS WILL BE ISSUED TO ANY RESIDENT LIVING OUTSIDE OF NC, VA, SC, GA OR TN AT STATE RESIDENT MINIMUM SET BY THE LINCOLN TREASURY.
2. CALL THE NON-RESIDENT TOLL FREE HOTLINE BEGINNING AT 11:00AM AT: **1-888-414-3761 EXT.FMS2147**
3. IF YOU ARE A U.S. RESIDENT LIVING OUTSIDE OF THE STATES OF NC, VA, SC, GA OR TN YOU ARE REQUIRED TO PAY $134 FOR EACH STATE SILVER BAR FOR A TOTAL OF SIX HUNDRED SEVENTY DOLLARS PLUS SHIPPING AND HANDLING FOR EACH SEALED STATE VAULT BRICK LOADED WITH FIVE U.S. STATE SILVER BARS. THIS SAME OFFER MAY BE MADE AT A LATER DATE OR IN A DIFFERENT GEOGRAPHIC LOCATION.

FEDERATED MINT, LLC AND LINCOLN TREASURY, LLC ARE NOT AFFILIATED WITH THE U.S. GOVERNMENT, A BANK OR ANY GOVERNMENT AGENCY. IF FOR ANY REASON WITHIN 30 DAYS FROM SHIPMENT YOU ARE DISSATISFIED, RETURN THE PRODUCT FOR A REFUND LESS SHIPPING AND RETURN POSTAGE. DUE TO THE FLUCTUATING PRICE IN THE WORLD GOLD AND SILVER MARKETS, ORDERS MAY BE CANCELLED OR PRICES WILL CHANGE WITHOUT NOTICE AND STATE MINIMUMS ARE SUBJECT TO AN ADDITIONAL FEE OF NO MORE THAN 2% FOR EVERY $1 INCREASE IN THE NEW YORK SPOT SILVER PRICE PER OUNCE WHEN EXCEEDING $18 PER OUNCE AND SHALL BE APPLIED AT THE TIME THE ORDER IS PROCESSED FOR SHIPMENT. THIS SAME OFFER MAY BE MADE AVAILABLE AT A LATER DATE OR IN A DIFFERENT GEOGRAPHIC LOCATION. FEDERATED MINT 7600 SUPREME AVE. NW, NORTH CANTON, OH 44720 ©2017 LINCOLN TREASURY P7086A OF 20181R-1





■ **A SNEAK PEAK INSIDE SILVER VAULT BRICKS:** Pictured left reveals the valuable .999 pure fine silver bars inside each State Silver Vault Brick. Pictured right are the State Silver Vault Bricks containing the only U.S. State Silver Bars known to exist with the double forged state proclamation. NC, VA, SC, GA and TN residents are authorized to get individual State Silver Bars at just $59 state resident minimum set by the Lincoln Treasury. That's why everyone should be taking full Vault Bricks loaded with five State Silver Bars before they're all gone. And here's the best part. Every resident who gets at least two Vault Bricks is also getting free shipping and free handling. That's a real steal because all other state residents must pay over six hundred dollars for each State Vault Brick.

where
in Carolina Country is this ?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by June 6 with your name, address and the name of your electric cooperative.

Online: carolinacountry.com/where

By mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

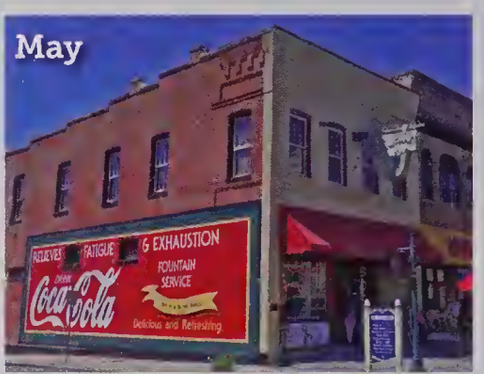
Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our July issue, will receive $25.

Have a roadside gem you'd like to share? Submit a photo, plus a brief description and general location information, at carolinacountry.com/where.

May winner

The May Where is This photo provided by the Hendersonville TDA features the Coca-Cola mural on the building that houses Mike's on Main, at 303 North Main St. in downtown Hendersonville. Did you catch the location hint with the Adventure column on the facing page? Most readers didn't need the hint, having enjoyed a bite to eat at this corner café. The building formerly housed an apothecary and soda shop, Justus Pharmacy, for which the café's sign pays homage to in the shape of a mortar and pestle. Built in 1900 for Dr. William Hicks Justus, the pharmacy had the first soda fountain in Hendersonville and Mike's continues the soda fountain tradition, explained reader Jennifer Norris. The winning entry chosen at random from all the correct submissions came from Cynthia Hudson of Boone, a Blue Ridge Energy member.



CAROLINA COUNTRY
scenes
Photo of the month

Eye of the Beholder

A volunteer crop of yellow flowers, a common nuisance to most farmers, overtakes a Moore County landscape. A decades-old barbed wire fence runs along its borders.

Paige Garner, Seagrove, Randolph EMC

The Photo of the Month comes from those who scored an honorable mention from the judges in our 2016 photo contest ("Carolina Country Scenes," February 2017). See even more Photos of the Week on our website carolinacountry.com.

June events

Charity Horse Show
June 8–11, Blowing Rock

Mountains

Music on Main
Local, regional musicians
June 2, Sparta
336-372-5473
Find it on Facebook

Surface Design on Clay
Craft demonstration
June 2, Asheville
828-254-2068
grovewood.com

Spring Farm Fest
Tractor pull, parade & games
June 2–3, Waynesville
828-593-8327
olesmokytractorclub.com

Toe River Studio Tour
Self-guided tour of 90 sites
June 2–4, Mitchell & Yancey counties
828-682-7215
toeriverarts.org

Liver Mush Festival
Hog-calling contest, inflatables
June 3, Marion
828-652-2215
hometownmarion.com

Motoring Festival
Parties, driving events, car show
June 8–11, Highlands
828-526-2112
highlandsmotoringfestival.com

Charity Horse Show
Saddlebreds, hunters, jumpers
June 8–11, Blowing Rock
828-295-4700
blowingrockhorses.com

Art in the Park
June 10, Blowing Rock
828-295-7851
blowingrock.com

Arts Adventure
Tour of 16 studios, galleries
June 16–18, Sparta
336-572-2905
ncmountainartsadventure.com

Bear W Daylily Farm Festival
June 17, Morganton
828-584-3699
bearwdaylilyfarm.com

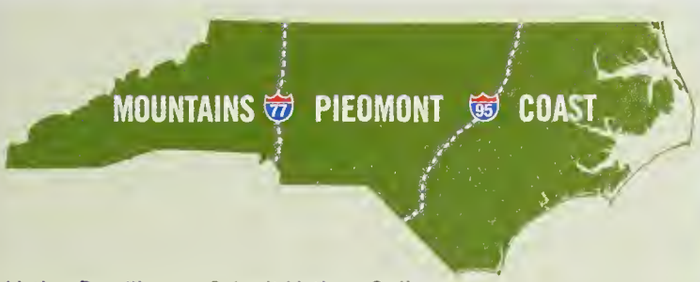
Biltmore Industries Celebration
Fiber exhibition, history tours
June 17, Asheville
828-253-7651
grovewood.com

Music Festival
Story-telling, vendors
June 24, Sparta
336-372-5473
backwoodsbeat.com

Pots on the Green
Pottery, craft demos, food
June 24–25, Cashiers
(828) 743–3434
discoverjacksonnc.com

RiddleFest
Musical celebration
June 30, Burnsville
828-682-9654
burnsvilletowncenter.com

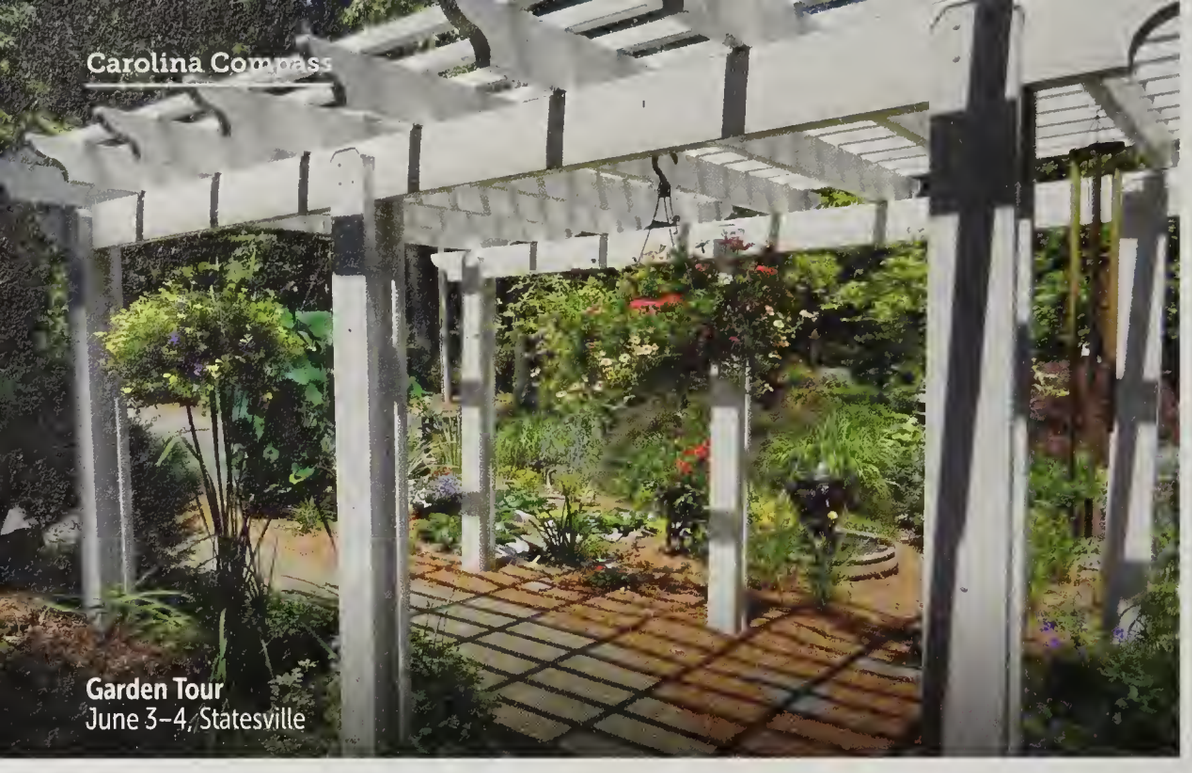
carolinacountry.com/calendar
See more events online with photos, descriptions, maps and directions.



Listing Deadlines:
For Aug.: June 25
For Sept.: July 25

Submit Listings Online:
carolinacountry.com/calendar
(No email or U.S. Mail.)

Toe River Studio Tour
June 2–4, Mitchell & Yancey counties



Garden Tour
June 3–4, Statesville

ONGOING

Monday Night Live!
Bring a chair, open-air concert
Mondays, Hendersonville
800-828-4244
visithendersonvillenc.com

Music on Main Street
Concerts, car show
Fridays, Hendersonville
800-828-4244
visithendersonvillenc.com

Day Out with Thomas
June 9–18, Blowing Rock
877-898-3874
tweetsie.com

AAUW Book Sale
June 17–22, Brevard
828-885-8245
brevard-nc.aauw.net

Artists in Residence
Showcased works
June 22–Aug. 29, Blowing Rock
904-239-7679
blowingrockhistoricalsociety.com

Piedmont

Fountain Pen Show
June 2–4, Cary
614-619-5025
trianglepenshow.com

Garden Tour
June 3–4, Statesville
704-878-3429

Garden Tour
Yards of master gardeners
June 3–4, Denton
336-210-5365
davidson.ces.ncsu.edu

War of 1812: The Coastal War
June 8, Fayetteville
910-433-1457
bit.ly/fcpr-1812

The Dark Lady of the Sonnets
Comedy by George B. Shaw
June 8–10, Fayetteville
910-420-4383
sweetteashakespeare.com

Fayetteville After 5
Alternative/pop rock tribute band
June 9, Fayetteville
910-323-1934
faydogwoodfestival.com

Cross Creek Cemetery Tour
Ornate, noteworthy gravestones
June 9, Fayetteville
910-433-1457
visitfayettevillenc.com/events

Historical Tours by Carriage
June 10, Fayetteville
910-222-3382
visitdowntownfayetteville.com

Youth Fishing Day
Prizes, catch and release
June 10, Fayetteville
910-868-5003
ncwildlife.org

Occaneechi-Saponi Powwow
Drums, dancers
June 10–11, Burlington
336-421-1317
obsn.org

Piano Pizazz
Third Thursday series
June 15, Fayetteville
910-486-0221
capefearbg.org

Rodeo
Riders, vendors
June 16–17, Polkville
704-538-7464
polkvillebaptist.com/rodeo

301 Endless Yard Sale
Route spans five counties
June 16–17, Selma
919-989-8687
301endlessyardsale.com

Veterans' Powwow
Native American dancers
June 16–18, Mt. Airy
336-749-0593
Find it on Facebook

Krispy Kreme Challenge
Down a dozen then run
June 17, Fayetteville
910-835-5088
active.com/fayetteville-nc/running

Charity Car Show
Modern, antique vehicles, food
June 17, Wake Forest
919-435-9415
wakeforestnc.gov

Heritage Festival
Tours, crafts, farming roots
June 24, Yanceyville
336-694-4965
caswellcountync.gov

Out of Sight Wing Fling
Live music, kids zone
June 24, Fayetteville
910-483-2719
outofsightwingfling.com

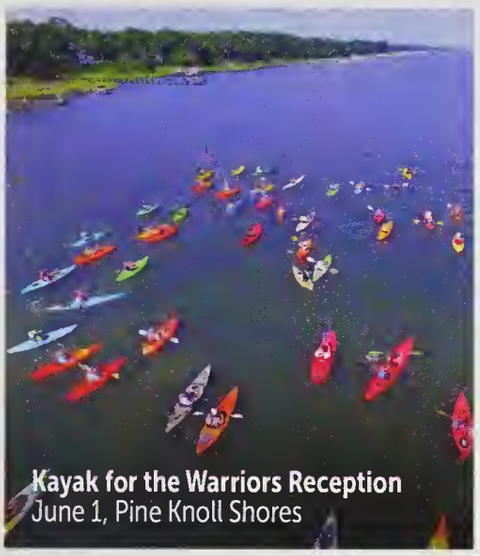
ONGOING

Othello
Exploration of jealousy, racism
June 1–11, Fayetteville
910-420-4383
sweetteashakespeare.com

Antiques Festival
June 30–July 4, Denton
336-859-4231
tdenton@triad.rr.com

Know Before You Go
In case something changes after Carolina Country goes to press, check information from the contact listed.

Tractor/Truck Pull
June 23–24, Newport



Kayak for the Warriors Reception
June 1, Pine Knoll Shores

Coast

Kayak for the Warriors Reception
Aquarium exhibits & auction
June 1, Pine Knoll Shores
252-247-4003
k4tw.org

Music & Water Festival
June 2–3, Edenton
252-482-0300
visitedenton.com

Heritage Farm Fest
June 3, Edenton
252-489-0349
Find it on Facebook

Kayak for the Warriors
Kayak/paddleboard race
June 3, Pine Knoll Shores
252-808-2998
k4tw.org

Old Homes & Gardens Tour
Includes historic sites, churches
June 23–24, Beaufort
252-728-5225
beauforthistoricsite.org

Tractor/Truck Pull
June 23–24, Newport
252-223-4019
newportfleamall.com

ONGOING

Sunday in the Park
Concert series
Sundays, Greenville
252-329-4567
greenvillenc.gov

There are more than 250 farmers markets in North Carolina. For one near you, visit bit.ly/NCfarmmarkets

Promoting Culture, Pride, Unity and Community

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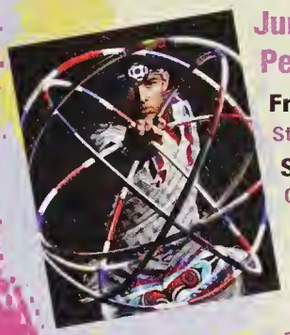
2016-2017 Ambassadors



June 23rd - July 8th, 2017
Pembroke, North Carolina

49th Annual Lumbee Homecoming

Friday-Saturday, June 23-24, 2017 Event
Strike at the Wind (UNCP – GPAC)

Saturday, July 1, 2017 Event
Golf Tournament (Pinecrest Country Club)
Registration 7:30-8:30 am; Tee Off 9:00 am; Lunch 12:00

Saturday, July 8, 2017 Events
Lumbee Outdoor Market (Monday-Saturday)
9:00 am (Food, Arts, or Crafts) – 636 Prospect Road
5K Run/Fun Walk (Kiwanis)
Southeastern Fitness Center – Registration 5:30 am - 6:45 am
Race starts at 7:15 am
Car Show – 8:00 am - 3:00 pm – 636 Prospect Road
UNCP Campus
Parade – 10:00 am – 636 Prospect Road
AISES Pow-wow – 12:00 noon – UNCP Quad
Outdoor Gospel Concert – 6:00 pm - 9:00 pm
LRDA Office Complex
Lumbee Fireworks Sky Show
9:00 pm – LRDA Office Complex

Sponsor: Lumbee Regional Development Association
Major Partner: University of NC at Pembroke

For all events go to:
www.lumbeehomecoming.com
910-521-8602

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Shining Bright

Old Baldy lighthouse turns 200

By Myra Wright

Bald Head Island's Old Baldy, North Carolina's oldest standing lighthouse, has kept watch during the Civil War, two world wars, the Great Depression, and weathered countless storms and fierce hurricanes. The structure has also retained its distinct Federal octagonal shape through the years.

"I think it's the most beloved [North Carolina lighthouse] because it is the oldest," says Chris Webb, the executive director of the Old Baldy Foundation, a nonprofit dedicated to the maintenance and preservation of the lighthouse. "It's very unique when you visit it. We are the 13th oldest [lighthouse] in the country. ... There aren't very many 200-year-old lighthouses anywhere."

And while a birthday party and celebration was held in April to mark the milestone, a variety of events are being held throughout the year in honor of the anniversary. Webb describes the island's community as transient—comprised of primary residents, vacationers, day visitors and part-time property owners—so events are planned throughout the year.

"Old Baldy is not just a treasure of Bald Head Island. It's not just a local treasure. It's a treasure of the state," Webb says. "We wanted to do several things in different seasons to appeal to everyone, so that's why we're trying to spread it throughout the year."

North Carolina Treasures Weekend *June 2–4, 2017*

The goal of North Carolina Treasures Weekend is to celebrate North Carolina arts, cuisine and history. On Friday, a dinner is planned at the Shoals Club featuring Carolina cuisine. On Saturday, author and historian Kevin Duffus will host a presentation and book signing on the lighthouse grounds where he'll reveal his latest book, "The Story of Cape Fear and Bald Head Island." On Saturday evening, enjoy the Gala in White, the 30-year island tradition that kicks off the summer season.

National Lighthouse Day Weekend *Aug. 4–6, 2017*

The weekend will pay tribute to Old Baldy with its theme, "Two Centuries of Light." Family-friendly events are planned to include historic re-enactors, Colonial-era food, a Run for the Light, 10k, 5k and 1-mile night run, and more.

Roast and Toast on the Coast *Oct. 6–8, 2017*

Enjoy the last party of the season featuring a celebration of the pig, NC agriculture, concert, oyster roast, wine dinner and more. A portion of proceeds will benefit Old Baldy Foundation.

For complete weekend schedules and ticket information for these celebrations and events, visit oldbaldy.org and click on the "200th Birthday" tab.

Old Baldy fast facts

- The lighthouse was built in 1817 for $15,915.45.
- It has 108 steps, five landings and stands 110 feet tall. Its base is 36 feet wide.
- It was deactivated in 1935.
- The lighthouse acted briefly as a radio tower during World War II.
- It is no longer a navigational aid. The light that shines now is decorative.
- Its trademark patchwork appearance comes from years of repairs from a variety of stucco.

Myra Wright is a North Carolina-based travel writer. She enjoys exploring the state with her husband and three kids.

Know before you go

You can reach Bald Head Island (baldheadisland.com) by a passenger ferry in Southport at Deep Point Marina, 1301 Ferry Road. Departures are at the top of every hour. There are no cars on Bald Head Island, but you can rent a golf cart or bike. However, the lighthouse is a short five-minute walk from the ferry landing.

Visit the Keeper's Cottage to buy tickets a self-guided tour. Admission: adults, $6; ages 3–12, $3; and ages 3 and under, free. Hours are seasonal.

Bigger Buttons

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"My cell phone company wants to lock me in a two-year contract!" Not with the Jitterbug Flip. There are no contracts to sign and no cancellation fees.

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Monthly Minutes	200	600
Personal Operator Assistance	24/7	24/7
Long Distance Calls	No add'l charge	No add'l charge
Voice Dial	FREE	FREE
Nationwide Coverage	YES	YES
30-Day Return Policy[2]	YES	YES

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Affordable Strategies for Drafty Windows

By Pat Keegan and Brad Thiessen

Windows are an important contributor to the efficiency and comfort of your home. In last month's column, we talked about replacing windows ("Windows to the World," page 34), but doing so is costly, and it could take 20 years of energy savings to recover the investment.

Innerglass Window Systems

Interior storm windows allow you to keep your old windows, yet still achieve state-of-the-art efficiency and comfort.

Luckily, you can make significant improvements to your existing windows without investing a large amount of money or time. Let's take a look at how we can address heat gain during the summer and heat loss during the winter. We'll start with the window itself.

Energy loss and drafts often occur in the cracks between the components of the window. Weather stripping can be used for areas where a window's movable parts meet the window frame. Retailers offer a variety of weather stripping for different types of windows. These materials are low-cost, easy to apply and can pay for themselves in energy savings in as little as one year. Ask your local retailer for guidance.

The seam between the window frame and the wall is another common source of air leakage. For anything less than ¼ inch wide, fill it with caulk; for anything larger, use expanding foam and paint over it. Be sure to follow the manufacturer's instructions.

If the window pane is loose, or the glass is cracked or missing, it's probably costing you additional money. If you're handy, it is possible to re-glaze a window yourself, or there may be a local shop in your area that will do it.

Installing exterior or interior storm windows can sometimes produce as much savings as a full replacement. It's possible to order these windows to the exact size of your window opening. Recent testing by a national laboratory showed that storm windows could cut heating costs by 7 to 12 percent.

Another strategy to consider is window coverings. There are many types, including interior roller shades, cellular shades or draperies. Recent laboratory tests showed that cellular shades could cut cooling or heating expenses by 10 to 16 percent. Cellular shades can be purchased with a lighter reflective side and a darker, heat-absorbing side. Some can even be reversed with the change of seasons.

Draperies are usually less efficient but can also provide a level of comfort during summer and winter months. For maximum effect, make sure they overlap in the middle, are as tight to the window and wall as possible, and run all the way to the floor.

The key to reducing overheating in the summer is to keep the sun's rays from reaching the window by installing awnings or overhangs above windows that receive a lot of direct sunlight. Window films that adhere to the window surface can reflect unwanted summer sun. Solar screens designed to block the summer sun can also be effective.

If you're on a tight budget or there are windows in vacant rooms that you don't really use, you can fasten plywood onto the frame on the outside of the house and cover the inside with rigid foam insulation. Another low-cost measure for these areas that can produce as much savings as storm windows is to fashion a plastic weather barrier that adheres to the frame. Building supply retailers sell a clear plastic and framing material that can be shrunk into place by using a hair dryer.

To learn more about improving the efficiency of older windows, visit energystar.gov or energy.gov. You may also want to check with your local electric co-op about possible incentives, as well as knowledge about local suppliers and contractors.

This column was co-written by Pat Keegan and Brad Thiessen of Collaborative Efficiency. For more ideas on energy efficiency, visit carolinacountry.com/your-energy.

Staying Cool with Extra Space

By Hannah McKenzie

Q: I am enclosing the space over my garage to be my grandkids' bedroom for their month-long summer visits. I have no desire to alter my home's HVAC system. Is there a good window HVAC unit that would comfortably and affordably cool the space?

A: Gaining livable square footage in our homes is a huge perk, especially as our families grow. However, it may also bring challenges as we seek comfortable, affordable and long-lasting HVAC solutions.

Rooms over garages are notorious for being uncomfortable spaces on hot days. The unbearable warmth is often caused by heat radiating from inadequately insulated walls, floors or ceilings, as well as from hot air flowing through cracks and gaps from adjacent attic spaces or the garage. Enclosing the room offers a terrific opportunity to seal gaps and insulate properly to prevent comfort issues down the road. Green Building Advisor is one good source for construction details and troubleshooting this type of project (bit.ly/gba-comfort).

Once air gaps are scaled and insulation is properly installed, it is time to consider cooling options. As with most home appliances, look for Energy Star® certified products. Energy Star room air conditioners can plug into existing electrical outlets, use 10 percent less energy than standard models and, on average, cost less than $70 per year to operate. Some Energy Star room air conditioners feature smart functionality, allowing you to turn off the unit remotely, schedule temperature settings and receive updates on energy usage.

To ensure that the room air conditioner uses as little energy as possible, it needs to be sized, installed, used and maintained properly.

Choose the right size

Room square footage is only one piece of the puzzle when deciding on the best air conditioner. Consider ceilings taller than 8 feet, the number and quality of windows, and whether ceilings, walls or floors are next to outdoor or attic spaces. A unit with too much cooling capacity will turn on and off too often, leaving the room uncomfortable and wasting energy. A unit with too little cooling capacity will run nearly constantly without cooling to the desired temperature.

Install properly

Follow the manufacturer's installation instructions and use the provided air sealing and insulation materials to minimize air and water leaks around the unit.

Operate properly

Keep the unit in Energy Saver mode so that when the air compressor is not operating, the fan is not either, which can otherwise be a huge energy drain. Program the unit to 78 degrees when possible.

Keep the air filter clean

Clean the air filter monthly, or more often as needed. Energy Star certified models include a reminder to check, clean or replace the filter.

Consider installing an Energy Star ceiling fan to make the room feel cooler, allowing you to increase the thermostat temperature by about 4 degrees without impacting comfort. However, turn off the fan when leaving the room because fans cool people, not rooms.

If the room will eventually be used in the winter, a ductless heat pump might be a good HVAC option. While more expensive, these units tend to last longer and are quieter than room air conditioners.

Visit energystar.gov/roomac for more details, including video guides, sizing charts and installation tips.

Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.

Coleus and Golden Creeping Jenny

Contained Color

By L.A Jackson

Mixed potted plantings create instant, cheerful mini-gardens for porches, decks and patios, and while flowers do add zing to such outdoor arrangements, their flash can be fleeting. However, there are many plants sporting eye-catching, colorful foliage that have the extended visual sass to keep a container looking spiffy deep into the growing season. Below are five of my favorites that should be easy to find at local garden centers.

Coleus. In the botanical sense, nothing says "Floozy!" like the new generation of coleus cultivars. Their fancy leaves are persistent pleasures for the eyes through the summer and early fall with colors that range widely from lively lime-greens to ridiculous reds to bold blacks — and many wild combinations in between.

Purple Basil. This deep purple pretty can certainly keep a potted creation from slumbering in a sea of green leaves during the summer months. 'Purple Ruffles' is one of the more popular cultivars to try. As an added bonus, this edible is an excellent addition to culinary creations ranging from marinades to pestos to herb vinegars.

Golden Creeping Jenny. A low-growing, brightly colored prissy, it will quickly form a mat over the top of a pot and then drip down the sides. This will not only help soften the lines of the planter's rim, but also will act as a ground cover to provide shade for the soil in the container, which will help prevent moisture loss. Consider it living, lovely mulch, if you will.

Purple Fountain Grass. A distinctive beauty that grows 3 to 4 feet tall, providing not only vertical interest for a large container garden, but a mysterious, deep purple tone to break up the ordinary greens of typical plants. The cultivar 'Rubrum' is the current queen of the foliage night for many gardeners.

Ornamental Sweet Potato. This kin to ordinary sweet 'taters burst onto the horticultural scene several years ago in shades of screaming chartreuse and dark, dusky purple, but now cool copper and red-tinted shades can even be found. A rambling vine, this pretty will easily spill out and over to accentuate the sides of a large planter.

L.A. Jackson is the former editor of Carolina Gardener magazine. Contact L.A. at lajackson1@gmail.com.

Garden To Do's for June

Sundials can add infinite charm to any garden setting, but a precise sundial can also add plenty of inquisitive chat to any garden conversation. Since the accuracy of a sundial is subject to where it is on this big round ball we call Earth, especially in latitude, buy one that has an adjustable gnomon (the shadow maker) or a base that can be tilted to correctly orient such a solar time keeper to its proper north-south angle.

- ☐ Rhododendrons should be pruned after they bloom. This prevents the formation of seed pods to save the plant's energy for next year's flower show.
- ☐ Vegetable plants that are beginning to produce delectable edibles should be lightly side-dressed with a complete fertilizer.
- ☐ Any trees, shrubs or perennials that were planted in late winter or early this spring have root systems that are still developing, meaning they are trying to keep up with the summer demands of leafed-out plants, so be sure to thoroughly water such new plantings at least once a week during times of extended arid spells.
- ☐ Cukes always taste bitter? It is probably due to stress from dry conditions. For the best flavor, keep cucumber plants hydrated by mulching and providing water on a regular basis if the rains don't come.

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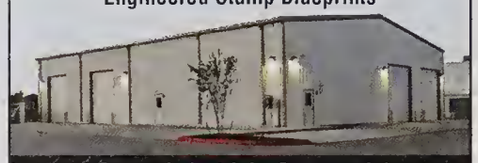
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Camping Cuisine

Enjoy the outdoors even more with these recipes.

Campfire Fruit Grunt

Grunts (also called Slumps) were born in New England and are a steamed cobbler that "grunt" when cooking and "slump" as they settle. This treat will make you the envy of the campground!

- 12″ cast iron skillet
- About 3 cups each fresh blueberries and sliced peaches
- 1¼ cups sugar
- 1 tablespoon corn starch

For dumplings

- ¾ cup self-rising flour
- ½ cup self-rising cornmeal mix
- ½ teaspoon apple pie spice
- Pinch salt
- 3 tablespoons brown sugar
- 5 tablespoons softened butter, cut into pieces
- 1 teaspoon almond extract
- ⅓ cup milk

Prepare coals or heat grill to medium high heat.

Put fruits, sugar and cornstarch in skillet and stir to combine.

Put all dumpling ingredients except milk into zippered plastic bag. Squish with fingers until butter has been incorporated and you have a crumble mix. Blend in milk.

Add dollops of dumpling batter on top of fruit, leaving space for it to bubble and "grunt." Close grill lid to cook. If cooking on open coals, cover with foil.

Cook over indirect heat for about 15 minutes until hot and bubbly.

Yield: About 8 servings

Carolina Cajun Shrimp Boil Packets

Foil packets are perfect for camp cooking on the grill or in hot coals. Make ahead at home and throw in your cooler, or have fun making on site. They come in their own serving "dish" too!

- 1 stick butter, cut into 8 pieces
- 1½ pounds large or jumbo shrimp, peeled and deveined
- 1 pound andouille sausage, cut in ½″ rounds
- 2 large ears corn, cut in rounds
- 8 small new potatoes, cut in ½″ rounds
- 1 bunch green onions, cut in 1″ pieces
- 1 lemon sliced in thin rounds
- 1–2 teaspoons Cajun or Old Bay Seasoning per packet
- 1 cup tomato-based BBQ sauce
- ¼ cup chopped fresh parsley, optional

Prepare coals or preheat grill to high heat.

Tear 4 sheets of heavy duty foil, about 12″–14″ square. Put one pat of butter on each piece of foil. Scatter meats and veggies over butter. Lay 2 slices of lemon on top. Dust with seasoning. Drizzle each with ¼ cup of sauce. Top with remaining pats of butter. Fold into sealed packets.

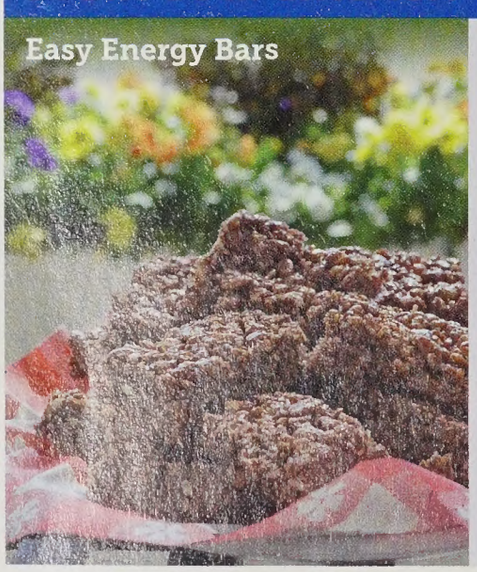
Cook over direct heat for about 12–15 minutes. Carefully open packets and garnish with parsley!

Grill some bread for dipping in the delicious juices you'll have in these packets.

Yield: 4 servings

Unless otherwise noted, recipes on this page are from Wendy Perry, a culinary adventurist specializing in NC-made food products and small NC farms.

From Your Kitchen



- 3 cups mini marshmallows
- ½ cup crunchy peanut butter
- ¼ cup honey
- 4 tablespoons cocoa
- 3 tablespoons margarine
- 4 cups Rice Krispies cereal
- 1 teaspoon vanilla

Melt marshmallows, peanut butter, honey, margarine and cocoa together; stirring until marshmallows are melted. Add Rice Krispies and vanilla; stirring until well combined. Place in a foil-lined pan and cool thoroughly. Cut into squares and store in a plastic container.

Yield: Approximately 24 pieces

Recipe courtesy of Madelyn Long, Hertford, a member of Albemarle EMC

Send Us Your Recipes

Contributors whose recipes are published will receive $25. We retain reprint rights for all submissions. Recipes submitted are not necessarily entirely original. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC, 27611. Or submit your recipe online at: carolinacountry.com/myrecipe.

—Jenny Lloyd, recipes editor

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